

Primitive Physick :

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1507/1843

EASY and NATURAL

METHOD

OF CURING

Most DISEASES.

By J O H N W E S L E Y.

Homo sum : humani nihil a me alienum puto.

The NINTH EDITION, corrected and enlarged.

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Primitive Physics :

METHOD



MORRIS

By JOHN WESLEY

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T H E

P R E F A C E.

* * * * * HEN MAN came first out of
 * * * * * W the Hands of the great Creator,
 * * * * * cloath'd in Body as well as in
 Soul, with Immortality and In-
 corruption, there was no Place for Phy-
 sick, or the Art of Healing. As he knew
 no Sin, so he knew no Pain, no Sickness,
 Weakness, or bodily Disorder. The
 Habitation wherein the angelick Mind,
 the *Divinæ Particula Auræ* abode, al-
 though originally formed out of the Dust
 of the Earth, was liable to no Decay. It
 had no Seeds of Corruption or Dissolution
 within itself. And there was nothing
 without to injure it: Heaven and Earth
 and all the Hosts of them were mild, be-
 nign and friendly to human Nature. The
 entire Creation was at Peace with Man, so

long as Man was at Peace with his Creator. So that well might the Morning Stars sing together, and all the Sons of God shout for Joy.

2. But since Man rebell'd against the Sovereign of Heaven and Earth, how entirely is the Scene changed? The incorruptible Frame hath put on Corruption, the Immortal has put on Mortality. The Seeds of Weakness and Pain, of Sickness and Death, are now lodged in our inmost Substance: Whence a thousand Disorders continually spring, even without the Aid of external Violence. And how is the Number of these increased, by every Thing round about us? The Heavens, the Earth, and all Things contained therein, conspire to punish the Rebels against their Creator. The Sun and Moon shed unwholsome Influences from above; the Earth exhales poisonous Damps from beneath: The Beasts of the Field, the Birds of the Air, the Fishes of the Sea, are in a State of Hostility: The Air itself, that surrounds us on every Side, is replete with the Shafts of Death: Yea, the Food

we eat, daily saps the Foundation of the Life, which cannot be sustained without it. So has the LORD of All secured the Execution of his Decree, "*Dust thou art, and unto Dust shalt thou return.*"

3. But can there Nothing be found to lessen those Inconveniences, which cannot be wholly removed? To soften the Evils of Life, and prevent in Part the Sickness and Pain to which we are continually exposed? Without Question there may. One grand Preventive of Pain and Sickness of various Kinds, seems intimated by the great Author of Nature, in the very Sentence that intails Death upon us: "*In the Sweat of thy Face shalt thou eat Bread, 'till thou return to the Ground.*" The Power of Exercise both to preserve and restore Health, is greater than can well be conceived: Especially in those who add Temperance thereto; who if they do not confine themselves altogether to eat either "*Bread or the Herb of the Field,*" (which God does not require them to do) yet steadily observe both that Kind and

"Measure of Food, which Experience shews to be most friend'y to Health and Strength.

4. 'Tis probable PHYSICK, as well as RELIGION, was in the first Ages chiefly traditional: Every Father delivering down to his Sons, what he had himself in like Manner received, concerning the Manner of Healing both outward Hurts, and the Diseases incident to each Climate; and the Medicines which were of the greatest Efficacy for the Cure of each Disorder. 'Tis certain, this is the Method wherein the Art of Healing is preserved among the *Americans* to this Day. Their Diseases indeed are exceeding few; nor do they often occur, by Reason of their continual Exercise, and ('till of late, universal) Temperance. But if any is sick, or bit by a Serpent, or torn by a wild Beast, the Fathers immediately tell their Children what Remedy to apply. And 'tis rare, that the Patient suffers long; those Medicines being quick, as well as generally infallible.

5. Hence

5. Hence perhaps it was that the Antients, not only of *Greece* and *Rome*, but even of barbarous Nations, usually assign'd Physick a Divine Original. And indeed it was a natural Thought, That He who had taught it to the very Beasts and Birds, the *Cretan* Stag, the *Egyptian* Ibis, could not be wanting to teach Man,

*Sanctius his Animal, mentisque capacius
altæ :*

Yea, sometimes, even by those meaner Creatures: For it was easy to infer, "If this will heal that Creature, whose Flesh is nearly of the same Texture with mine, then in a parallel Case it will heal me." The Trial was made. The Cure was wrought. And Experience and Physick grew up together.

6. And has not the Author of Nature taught us the Use of many other Medicines, by what is vulgarly term'd Accident? Thus one walking some Years since in a Grove of Pines, at a Time when many in the neighbouring Town were afflicted

licted with a Kind of new Distemper, little Sores in the Inside of the Mouth, a Drop of natural Gum fell from one of the Trees, on the Book which he was reading. This he took up, and thoughtlessly applied it to one of those sore Places. Finding the Pain immediately cease, he applied it to another, which was also presently healed. The same Remedy he afterwards imparted to others, and it did not fail to heal any that applied it. And doubtless numberless Remedies have been thus casually discovered in every Age and Nation.

7. Thus far Physick was wholly founded on Experiment. The *European*, as well as the *American*, said to his Neighbour, Are you sick? Drink the Juice of this Herb, and your Sickness will be at an End. Are you in a burning Heat? Leap into that River, and then sweat 'till you are well. Has the Snake bitten you? Chew and apply that Root, and the Poison will not hurt you. Thus antient Men, having a little Experience, joined with common Sense, and common Humanity,

manity, cured both themselves and their Neighbours, of most of the Distempers to which every Nation was subject.

8. But in Process of Time, Men of a philosophical Turn, were not satisfied with this. They began to enquire, How they might account for these Things? How such Medicines wrought such Effects? They examined the Human Body, and all its Parts; the Nature of the Flesh, Veins, Arteries, Nerves; the Structure of the Brain, Heart, Lungs, Stomach, Bowels; with the Springs of the several Animal Functions. They explored the several Kinds of Animal and Mineral, as well as Vegetable Substances. And hence the whole Order of Physick which had obtained to that Time, came gradually to be inverted. Men of Learning began to set Experience aside; to build Physick upon Hypotheses; to form Theories of Diseases and their Cure, and to substitute these in the Place of Experiments.

9. As Theories increased, simple Medicines were more and more disregarded
and

and disused ; 'till, in a Course of Years, the greater Part of them were forgotten, at least in the politer Nations. In the Room of these, Abundance of new Ones were introduced, by reasoning, speculative Men; and those more and more difficult to be applied, as being more remote from common Observation. Hence rules for the Application of these, and Medical Books were immensely multiplied ; 'till at length Physick became an abstruse Science, quite out of the Reach of ordinary Men.

10. Physicians now began to be had in Admiration, as Persons who were something more than human. And Profit attended their Employ, as well as Honour ; so that they had now two weighty Reasons for keeping the Bulk of Mankind at a Distance, that they might not pry into the Mysteries of the Profession. To this End, they increased those Difficulties by Design, which began in a Manner by Accident. They filled their Writings with Abundance of Technical Terms, utterly unintelligible to plain Men. They
affected

affected to deliver their Rules, and to reason upon them, in an abstruse and philosophical Manner. They represented the critical Knowledge of Anatomy, Natural Philosophy (and what not? Some of them insisting on that of Astronomy and Astrology too) as necessarily previous to the understanding the Art of Healing. Those who understood only, How to restore the Sick to Health, they branded with the Name of Empiricks. They introduced into Practice, Abundance of compound Medicines, consisting of so many Ingredients, that it was scarce possible for common People to know which it was that wrought a Cure: Abundance of Exoticks, neither the Nature nor Names of which their own Countrymen understood: Of Chymicals, such as they neither had skill, nor Fortune, nor Time, to prepare: Yea, and of dangerous Ones, such as they could not use, without hazarding Life, but by the Advice of a Physician. And thus both their Honour and Gain were secured; a vast Majority of Mankind being utterly cut off from helping either themselves or their Neighbours, or once daring to attempt it.

II. Yet

11. Yet there have not been wanting from Time to Time, some Lovers of Mankind, who have endeavoured (even contrary to their own Interest) to reduce Physick to its antient Standard: Who have laboured to explode out of it all Hypotheses, and fine-spun Theories, and to make it a plain intelligible Thing, as it was in the Beginning: Having no more Mystery in it than this, "Such a Medicine removes such a Pain." These have demonstrably shewn, That neither the Knowledge of Astrology, Astronomy, Natural Philosophy, nor even Anatomy itself, is absolutely necessary to the quick and effectual Cure of most Diseases incident to Human Bodies: Nor yet any Chymical, or Exotick, or Compound Medicine, but a single Plant or Fruit duly applied. So that every Man of common Sense (unless in some rare Cases) may prescribe either to himself or his Neighbour; and may be very secure from doing Harm, even where he can do no Good.

12. Even in the last Age there was something of this Kind done, particularly
by

by the great and good Dr. *Sydenham* : And in the present, by his Pupil Dr. *Dover*, who has pointed out simple Medicines for many Diseases. And some such may be found in the Writings of the learned and ingenious Dr. *Cheyne* : Who doubtless would have communicated many more to the World, but for the melancholy Reason he gave one of his Friends, that prest him with some Passages in his Works, which too much countenanced the modern Practice, “ O Sir, We must do something to oblige the Faculty, or they will tear us in Pieces.”

13. Without any Regard to this, without any Concern about the obliging or disobliging any Man living, a mean Hand has made here some little Attempt, toward a plain and easy Way of curing most Diseases. I have only consulted herein, Experience, common Sense, and the common Interest of Mankind. And supposing they can be cured this easy Way, who would desire to use any other? Who would not wish to have a Physician always in his House, and one that attends

without Fee or Reward ? To be able (unless in some few complicated Cases) to prescribe to his Family, as well as himself ?

14. If it be said, But what Need is there of such an Attempt ? I answer, The greatest that can possibly be conceived. Is it not needful in the highest Degree, to rescue Men from the Jaws of Destruction ? From wasting their Fortunes, as Thousands have done, and continue to do daily ? From pining away in Sickness and Pain, either through the Ignorance or Knavery of Physicians ? Yea, and many Times throwing away their Lives, after their Health, and Time, and Substance ?

Is it enquired, But are there not Books enough already, on every Part of the Art of Medicine ? Yes, too many, ten Times over, considering how little to the Purpose the far greater Part of them speak. But beside this, they are too dear for poor Men to buy, and too hard for plain Men to understand. Do you say, But there are enough of these Collections of Receipts. Where ? I have not seen One yet, either
in

in our own or any other Tongue, which contains only safe and cheap and easy Medicines. In all that have yet fallen into my Hands, I find many dear and many far-fetch'd Medicines : besides many of so dangerous a Kind, as a prudent Man would never meddle with. And against the greater Part of those Medicines there is a further Objection ; They consist of too many Ingredients. The common Method of compounding and decomposing Medicines, can never be reconciled to common Sense. Experience shews, That one Thing will cure most Disorders, at least as well as twenty put together. Then why do you add the other nineteen ? Only to swell the Apothecary's Bill : Nay, possibly, on Purpose to prolong the Distemper, that the Doctor and he may divide the Spoil.

But admitting there is some Quality in the Medicine proposed, which has Need to be corrected : Will not one Thing correct it, as well as twenty ? It is probable, much better. And if not, there is Sufficiency of other Medicines, which need no such Correction. How

How often, by thus compounding Medicines of opposite Qualities, is the Virtue of both utterly destroyed? Nay, how often do those joined together destroy Life, which single might have preserved it? This occasioned that Caution of the great *Boerhaave*, against mixing Things without evident Necessity, and without full Proof of the Effect they will produce when joined together, as well as of that they produced when asunder: Seeing (as he observes) several Things, which separately taken, are safe and powerful Medicines, when compounded not only lose their former Powers, but commence a strong and deadly Poison.

15. As to the Manner of using the Medicines here set down, I should advise as soon as you know your Distemper, (which is very easy, unless in a Complication of Disorders, and then you would do well to apply to a Physician that fears God) First, Use the first of the Remedies for that Disease which occurs in the ensuing Collection; (unless some other of them be easier to be had, and then it may do
just

ust as well.) Secondly, After a competent Time, if it takes no Effect, use the second, the third, and so on. I have purposely set done (in most Cases) several Remedies for each Disorder; not only because All are not equally easy to be procured at all Times and in all Places: But likewise because the Medicine which cures one Man, will not always cure another of the same Distemper. Nor will it cure the same Man at all Times. Therefore it was necessary to have a Variety. However, I have subjoin'd the Letter *I.* to those Medicines, which are said to be infallible.---Thirdly, Observe all the Time the greatest Exactness in your Regimen, or Manner of Living. Abstain from all mixt, all high-season'd Food. Use plain Diet, easy of Digestion: And this as sparingly as you can, consistent with Ease and Strength. Drink only Water, if it agrees with your Stomach; if not, good clear Small-beer. Use as much Exercise daily, in the open Air, as you can without Weariness. Sup at Six or Seven on the lightest Food: Go to Bed early, and rise betimes. To persevere with Steadi-

ness in this Course, is often more than half the Cure. Above all, add to the rest, (for it is not Labour lost) that old, unfashionable Medicine, PRAYER. And have Faith in GOD, who “*killeth and maketh alive, who bringeth down to the Grave and bringeth up.*”

16. For the Sake of those who desire, through the Blessing of GOD, to retain the Health which they have recovered, I have added a few plain, easy Rules chiefly transcribed from Dr. Cheyne.

I. 1. The Air we breathe is of great Consequence to our Health. Those who have been long abroad in Easterly or Northerly Winds, should drink some thin and warm Liquor going to Bed; or a Draught of Toast and Water.

2. Tender People should have those who lie with them, or are much about them, sound, sweet and healthy.

3. Every one that would preserve Health, should be as clean and sweet as possible in their Houses, Cloaths and Furniture.

II. 1. The great Rule of Eating and Drinking is, To suit the Quality and Quantity of the Food to the Strength of our Digestion ; to take always such a Sort and such a Measure of Food, as fits light and easy on the Stomach.

2. All pickled or smoaked or salted Food, and all high-season'd is unwholsome.

3. Nothing conduces more to Health, than Abstinence and plain Food with due Labour.

4. For studious Persons, about eight Ounces of Animal Food, and twelve of Vegetable in twenty-four Hours is sufficient.

5. Water is the wholsomest of all Drinks ; quickens the Appetite, and strengthens the Digestion most.

6. Strong, and more especially spirituous Liquors, are a certain though slow Poison.

7. Experience shews, there is no Manner of Danger, in leaving them off all at once.

8. Strong

8. Strong Liquors do not prevent the Mischiefs of a Surfeit, nor carry it off so safely as Water.

9. Malt Liquors (except clear Small-beer of a due Age) are exceeding hurtful to tender Persons.

10. Coffee and Tea are extremely hurtful to Persons who have weak Nerves.

III. 1. Tender Persons should eat very light Suppers; and that two or three Hours before going to Bed.

2. They ought constantly to go to Bed about Nine, and rise at Four or Five.

IV. 1. A due Degree of Exercise is indispensably necessary to Health and long Life.

2. Walking is the best Exercise for those who are able to bear it, Riding for those who are not. The open Air, when the Weather is fair, contributes much to the Benefit of Exercise.

3. We

3. We may strengthen any weak Part of the Body by constant Exercise. Thus the Lungs may be strengthened by loud speaking, or walking up an easy Ascent : The Digestion and the Nerves by Riding : The Arms or Hams by strongly rubbing them daily.

4. The Studious ought to have stated Times for Exercise, at least two or three Hours a Day : The one half of this before Dinner, the other before going to Bed.

5. They should frequently shave, and frequently wash their Feet.

6. Those who read or write much, should learn to do it standing ; otherwise it will impair their Health.

7. The fewer Cloaths any one uses, by Day or Night, the hardier he will be.

8. Exercise, first, should be always on an empty Stomach ; secondly, should never be continued to Weariness ; thirdly, after it, we should take Care to cool by Degrees : Otherwise we shall catch Cold.

9. The

9. The Flesh-brush is a most useful Exercise, especially to strengthen any Part that is weak.

10. Cold-bathing is of great Advantage to Health. It prevents Abundance of Diseases. It promotes Perspiration, helps the Circulation of the Blood, and prevents the Danger of catching Cold. Tender People should pour Water upon the Head before they go in, and walk in swiftly. To jump in with the Head foremost, is too great a Shock to Nature.

V. 1. Costiveness cannot long consist with Health. Therefore Care should be taken to remove it at the Beginning: And when it is removed, to prevent its Return, by soft, cool, opening Diet.

2. Obstructed Perspiration (vulgarly called catching Cold) is one great Source of Diseases. Whenever there appears the least Sign of this, let it be removed by gentle Sweats.

VI. 1. The Passions have a greater Influence on Health than most People are aware of.

2. All

2. All violent and sudden Passions dispose to, or actually throw People into acute Diseases.

3. The slow and lasting Passions, such as Grief and hopeless Love, bring on Chronical Diseases.

4. 'Till the Passion which caused the Disease is calm'd, Medicine is applied in vain.

5. The Love of God, as it is the Sovereign Remedy of all Miseries, so in particular it effectually prevents all the Bodily Disorders the Passions introduce, by keeping the Passions themselves within due Bounds. And by the unspeakable Joy and perfect Calm, Serenity and Tranquillity it gives the Mind, it becomes the most powerful of all the Means of Health and long Life.

LONDON, *June* 11,
1747.

POST-



P O S T S C R I P T.

1. **I**T was a great Surprise to the Editor of the following Collection, That there was so swift and large a Demand for it; that three Impressions were called for in four or five Years; and that it was not only re-published by the Booksellers in a neighbouring Nation, but also inserted by Parts in their publick Papers, and so propagated through the whole Kingdom. This encouraged him carefully to revise the whole, and to publish it again, with several Alterations, which it is hoped may make it of greater Use to those who love common Sense and common Honesty.

2. Those Alterations are still in Pursuance of my first Design, To set down cheap, and safe, and easy Medicines; easy to be known, easy to be procured, and easy to be applied by plain, unlettered Men. Accordingly, I have omitted a considerable Number, which, tho

cheap and safe, were not so common or well known; and have added almost an equal Number, to which that Objection cannot be made: Which are not only of small Price, and extremely safe, but likewise easily to be found, if not in every House or Yard, yet in every Town and almost every Village throughout the Kingdom.

3. It is because they are not safe, but extremely dangerous, that I have omitted (together with Antimony) the four Herculean Medicines, Opium,* the Bark,* Steel,* and most of the Preparations of Quicksilver. Herculean indeed! Far too strong for common Men to grapple with. How many fatal Effects have these produced, even in the Hands of no ordinary Physicians? With regard to four of these, the Instances are glaring and undeniable. And whereas Quicksilver, the fifth, is in its native Form, as innocent as Bread or Water, has not the Art been discovered, so to prepare it, as to make it the most deadly of all Poisons? These, Physicians have justly termed edged

* Except in One Instance of each.

Tools. But they have not yet taught them to wound at a Distance : And honest Men are under no Necessity of touching them, or coming within their Reach.

4. *Instead of these, I have once more ventured to recommend to Men of plain unbiassed Reason, such Remedies as Air, Water, Milk, Whey, Honey, Treacle, Salt, Vinegar, and common English Herbs, with a few foreign Medicines, almost equally cheap, safe and common. And this I have done on that Principle, whereby I desire to be governed in all my Actions, " Whatsoever ye would that Men should do unto you, the same do unto them."*

5. *At the Request of many Persons, I have likewise added plain Definitions of most Distempers; not indeed accurate or philosophical Definitions, but such as are suited to Men of ordinary Capacities, and as may just enable them, in common, simple Cases, to distinguish one Disease from another. In uncommon or complicated Diseases, or where Life is more immediately in Danger, I again advise every man without Delay to apply to a Physician that fears GOD.*

London, Nov. 10, 1760.

DURING the Observation and Experience of more than five Years, which have passed since the last Impression of this Tract, I have had many Opportunities of trying the Virtue of the ensuing Remedies. And I have now added the Word tried to those, which I have found to be of the greatest Efficacy. I believe many others to be of equal Virtue: but it has not lain in my Way to make the Trial.

In this Course of Time I have likewise had Occasion to collect several other Remedies, tried either by myself or others, which are inserted under their proper Heads. Some of these I have found to be of uncommon Virtue, equal to any of those which were before published: And one, I must aver, from personal Knowledge, grounded on a thousand Experiments, to be far superior to all the other Medicines I have known; I mean, Electricity. I cannot but intreat all those who are Well-wishers to Mankind, to make full Proof of this. Certainly it

comes the nearest an Universal Medicine, of any yet known in the World.

One grand Advantage which most of these Medicines have above those commonly used, is this: You may be sure of having them good in their Kind; pure, genuine, unsophisticate. But who can be sure of this, when the Medicines he uses are compounded by an Apothecary? Perhaps he has not the Drug prescribed by the Physician, and so puts in its Place “what will do as well.” Perhaps he has it; but it is stale and perished: Yet “you would not have him throw it away. Indeed he cannot afford it.” Perhaps he cannot afford to make up the Medicine as the Dispensatory directs, and sell it at the common Price. So he puts in cheaper Ingredients: And you take neither you nor your Physician knows what! How many Inconveniences must this occasion? How many Constitutions are ruined hereby? How many valuable Lives are lost? Whereas all these Inconveniences may be prevented, by a little Care and common Sense, in the Use of those plain simple Remedies, which are here collected.



A
COLLECTION
O F
RECEIPTS.



1. *Abortion, (to prevent).*

1. **U**SE daily a Decoction of *Lignum Guaiacum*.

2. *For an Ague.**

2. Go into the *Cold Bath* just before the Cold Fit.
3. Or, take a Handful of *Groundsell*, shred it small, put it into a Paper Bag, four Inches square, pricking that Side which is to be next the Skin full of Holes. Cover this with a thin Linnen,

C 3

and

* An *Ague* is, An Intermittent Fever, each Fit of which is preceded by a cold Shivering and goes off in a Sweat.

and wear it on the Pit of the Stomach, renewing it two Hours before the Fit: Tried.

4. Or, apply a Handful of *Yarrow* in like Manner:
5. Or, a large *Onion* slit:
6. Or, boil *Yarrow* in new Milk, 'till it is tender enough to spread as a Plaister. An Hour before the cold Fit, apply this to the Wrists, and let it be on till the hot Fit is over. If another Fit comes, use a fresh Plaister: This often cures a *Quartan*.
7. Or, drink a Quart of *cold Water*, just before the cold Fit. Then go to Bed and Sweat:
8. Or, make six middling Pills of *Cobwebs*. Take one a little before the cold Fit: Two a little before the next Fit: The other three, if Need be, a little before the third Fit. I never knew this fail:
9. Or, two Tea-spoonfuls of *Sal Prunellæ* an Hour before the Fit. It commonly cures in thrice taking:
10. Or, a Tea-spoonful of *Spirits of Hartshorn*, in a Glass of Water:
11. Or, eat a *Lemon*, Rind and all:
12. Or, drink a Pint of Decoction of *Camomile*, sweeten'd with Treacle. Take it warm in Bed, and sweat two Hours.

✎ It is proper to take a gentle *Vomit* before you use any of these Medicines. If this is taken two Hours before the Fit is expected, it generally prevents that Fit, and sometimes cures an *Ague*: Especially in Children.— It is also proper to repeat the Medicine (whatever it be)

be) about a *Week* after, in order to prevent a *Relapse*.
Do not take any *Purge* soon after.

3. *A Tertian Ague.* *

13. Boil a Handful of *Ribwort* in *Whey*. Drink this warm an Hour before the Fit comes, and lie down and sweat :
14. Or, apply to each Wrist, a Plaister of *Treacle* and *Soot* : Tried.
15. Or, use the *Cold Bath*. (Unless you are of an advanced Age, or extremely weak.) But when you use this, on any Account whatever, it is proper,
 1. To bleed or purge, before you begin :
 2. To go in cool ; to immerge at once, but not Head foremost ; to stay in only two or three Minutes, (or less, at first.)
 3. Never to bathe on a full Stomach :
 4. To bathe twice or thrice a Week at least, 'till you have bathed nine or ten Times :
 5. To sweat immediately after it (going to Bed) in Palsies, Rickets, and all Diseases wherein the Nerves are obstructed :
 6. You may use yourself to it, without any Danger, by beginning in *May*, and at first just plunging in, and coming out immediately. Tho' many have begun in Winter, without any Inconvenience.

4. *A*

* That is, An *Ague* which returns every other Day.—
In this use light and sparing Diet on the Day between.

4. *A Quartan Ague.* *

16. Apply to the Suture of the Head, when the Fit is coming, *Wall July Flowers* beating together Leaves and Flowers with a little Salt. Keep it on 'till the hot Fit is over. Repeat this, if Need be.
17. Use *strong Exercise* (as Riding or Walking, as far as you can bear it) an Hour or two before the Fit. If possible, continue it 'till the Fit begins. This alone will frequently cure: Tried.
18. Or apply to the Wrists a Plaister of *Turpentine*: Or of bruised *Garlick*:
19. Or, of bruised *Pepper*, mixt with *Treacle*.

5. *St. Anthony's Fire.* †

20. Take a Glass of *Tar-Water* warm, in Bed, every Hour, washing the Part with the same.

Tar-Water is made thus.—Put a Gallon of cold Water to a Quart of Norway Tar. Stir them together with a flat Stick for five or six Minutes. After it has stood cover'd for three Days, pour off the Water clear, bottle and cork it.

21. Or,

* That is, An *Ague* which misses two Days, coming on *Monday* (suppose) and again on *Thursday*.

† *St. Anthony's Fire* is a Fever attended with a red and painful Swelling, full of *Pimples*, which afterwards turn into *small Blisters*, on the Face or some other Part of the Body. The sooner the Eruption is, the less Danger.—Let your Diet be only *Water Gruel*, or *Barley Broth*, with roasted Apples.

21. Or, drink just so much *Sea-Water* as does not vomit or purge, every Morning for seven Days: This is the proper Measure, in whatever Case it is taken. It seldom fails.
22. Or, take a Decoction of *Elder-Leaves*, as a Sweat :
23. Or, of *wild Thyme*, applying to the Part a Cloth dipt in *Lime-Water*, mixt with a little camphorated Spirits of Wine.
- ✍️ *Lime-Water is made thus.*—Infuse a Pound of good quick Lime, in six Quarts of Spring Water for twenty-four Hours. Decant and keep it for Use.
24. Or, take two or three gentle Purges. No acute Fever bears repeated Purges better than this, especially when it affects the Head.
25. Or, (using the Internal Medicine at the same Time) apply a Plaister of *Venice Treacle* :
26. Or, wash it with Water wherein Bran is boiled :
27. Or, boil a Handful of *Sage*, two Handfuls of *Elder-leaves* (or *Bark*) and an Ounce of *Allum* in two Quarts of Forge Water, to a Pint. Anoint with this every Night.

6. *The Apoplexy.* *

28. To prevent, use the *Cold Bath*, and drink only Water.

29. In

* An *Apoplexy* is, A total Loss of all Sense, and voluntary Motion, commonly attended with a strong Pulse, hard Breathing and Snorting.

29. In the Fit, blow Powder of *White Hellebore* up the Nose, and fix a *Cupping Glass*, without scari-
fying, to the Nape of the Neck, and another to
each Shoulder. But send for a good Physician
immediately.
30. If the Fit be soon after a Meal, do not bleed,
but vomit.
31. Rub the Head, Feet, and Hands strongly, and
let two strong Men carry the Patient upright,
backwards and forward about the Room.
32. A *Seton* in the Neck, with low Diet, has often
prevented a Relapse.

7. *Canine Appetite.* *

33. "If it be without Vomiting, is often cured by a
small bit of Bread dipt in Wine, and applied to
the Nostrils." Dr. Scomberg.

8. *The Asthma.* †

34. Take a Pint of *cold Water* every Night, as you
lie down in Bed :
35. Or, a Pint of *cold Water* every Morning, wash-
ing the Head therein immediately after, and using
the *Cold Bath* once a Fortnight :

36. Or,

* An insatiable Desire of Eating.

† An *Asthma* is a Difficulty of Breathing, from a Dis-
order in the Lungs. In the common (or moist) *Asthma*,
the Patient spits much.

36. Or, use Water wherein sliced *Liquorice* is steeped, as common Drink :

37. Or, half a Pint of *Tar Water* twice a Day :

38. Or drink *Sea Water* every Morning :

39. Or, live a Fortnight on boiled *Carrots* only. It seldom fails.

40. Or, take a Spoonful of *Nettle-juice*, mixt with clarified *Honey*, every Night and Morning :

41. Or, take an Ounce of *Quicksilver* every Morning, and a Spoonful of the *Gas* of *Sulphur*, in a large Glafs of Spring-Water at Five in the Evening, and at Bed-time, 'till you are well. I. Tried.

42. For present Relief, Vomit with a Quart or more of *warm Water*. The more you drink of it the better.

☞ *Do this whenever you find any Motion to vomit, and take Care always to keep your Body open.*

9. *A Dry or Convulsive Asthma.*

43. Juice of *Radishes* relieves much ; so does

44. A Cup of strong *Coffee*.

45. Or, *Garlick*, either raw or preserved, or in Syrup :

46. Or, Tea made with *Hyssop*, or *Ground-Ivy*, or *Daisy-Flowers* and *Liquorice* :

47. Or, drink a Pint of *new Milk* Morning and Evening. — This has cured in an inveterate *Asthma*.

48. Use the *Cold Bath* thrice a Week :

49. Or,

49. Or, beat fine *Saffron small*, and take eight or ten Grains every Night :

50. Or, dry and powder a *Toad*. Make it into small Pills, and take one every Hour 'till the Convulsions cease.

51. In any Asthma, the best Drink is *Apple-Water*.

10. To cure Baldness.

52. Rub the Part Morning and Evening, with *Onions*, 'till it is red ; and rub it afterwards with *Honey*.

11. Bleeding at the Nose (to prevent).

53. Drink *Whey* largely every Morning, and eat *Raisins* much :

54. To cure it, apply to the Neck behind and on each Side, a Cloth dipt in *cold Water* :

55. Or, wash the Temples, Nose and Neck with *Vinegar* :

56. Or, chew *Nettle-Root*, spitting out the Juice :

57. Hold a *red-hot Poker* under the Nose :

58. Or, steep a *Linnen Rag* in *sharp Vinegar*, burn it, and blow it up the Nose with a Quill.

12. Bleeding of a Wound.

59. Make tight *Ligatures* on the Arms :

60. Or, apply Tops of *Nettles* bruised :

61. Or, Leaves of *All-heal* bruised : I.

62. Or,

62. Or, spread the *Ashes* of a Linnen Cloth thick on another Linnen Cloth, and apply it :
63. Or, strew on it the *Ashes* of a Linnen Rag, dipt in sharp *Vinegar* and burnt :
64. Or, take ripe *Puff-Balls*. Break them warily and save the Powder. Strew this on the Wound and bind it on. *I.*—This will stop the Bleeding of an amputated Limb without any Caution.

13. *Spitting Blood.*

65. Take half a Pint of stew'd *Prunes*, at lying down, for two or three Nights : Tried.
66. Or, a Glas of Decoction of *Onions* :
67. Or, four Spoonfuls of Juice of *Nettles* every Morning ; and a large Cup of Decoction of *Nettles* at Night, for a Week : Tried.
68. Take frequently a Spoonful of the Juice of *Nettles* and *Plantane* Leaves, mixt and sweetned with Sugar Candy :
69. Or, three Spoonfuls of *Sage-juice* in a little *Honey*. This presently stops either spitting or vomiting Blood : Tried.
70. Or, half a Tea-spoonful of *Barbadoes Tar* on a Lump of Loaf Sugar at Night. It commonly cures at Once.

14. *Vomiting Blood.*

71. Take three Spoonfuls of *Sage-juice* in *Honey*.

D

72. Or,

72. Or, two Spoonfuls of *Nettle-juice*.—(☞ This also dissolves Blood coagulated in the Stomach :) Tried.

73. Or, one Spoonful of the Juice of *Quinces*:

74. Or, a Quarter of a Pint of Decoction of *Nettles* and *Plantane* two or three Times a Day.

15. To resolve coagulated Blood.

75. Bind on the Part for some Hours a Paste made of *Black Soap*, and *Crums of white Bread*:

76. Or, Grated Root of *Burdock* spread on a Rag: Renew this twice a Day.

16. Boils.

77. Apply a little *Venice Turpentine*:

78. Or, a Plaister of *Honey* and *Wheat-flower*:

79. Or, of *Figs*:

80. Or, a little *Saffron* in a white Bread Poultis.—
'Tis proper to purge also.

17. Hard Breasts.

81. Apply *Turnips roasted* 'till soft, then mash'd and mixt with a little *Oil of Roses*. Change this twice a Day, keeping the Breast very warm with Flannel.

18. Sore Breasts and swell'd.

82. Boil a Handful of *Camomile* and as much *Mallows* in Milk and Water. Foment with it be-

tween two Flannels as hot as can be borne every twelve Hours. It also dissolves any Knob or Swelling in any Part.

19. *A Bruise.*

- 83. Immediately apply *Treacle* spread on brown Paper : Tried.
- 84. Or, *clarified Honey* :
- 85. Or rub it with one Spoonful of *Oil of Turpentine* and two of *Neats-foot Oil* :
- 86. Or, apply a Plaister of chopt *Parsley* mixt with Butter :
- 87. Or, a Fomentation of *Verjuice* and *Camomile Flowers*.

20. *To prevent Swelling from a Bruise.*

- 88. Immediately apply a Cloth, five or six Times doubled, dipt in *cold Water*, and new dipt when it grows warm. Tried.

21. *To cure a Swelling from a Bruise.*

- 89. Foment it half an Hour, Morning and Evening, with Cloths dipt in *Water*, as hot as you can bear :
- 90. Or, apply *Sea-weed*.

22. *A Burn or Scald.*

- 91. Immediately plunge the Part into *cold Water*.
D 2 Keep

Keep it in an Hour, if not well before. Perhaps for four or five Hours: Tried.

92. Or, If the Part cannot be dipt, apply a Cloth four Times doubled, dipt in *cold Water*, changing it when it grows warm:

93. Or, apply a *bruised Onion*:

94. Or, Tincture of *Myrrh*:

95. Or, *Oil* and *Parsley* stamp together:

96. Or, apply *Oil*, and strew on it powder'd *Ginger*.

23. *A deep Burn or Scald.*

97. Apply black *Varnish* with a Feather 'till it is well:

98. Or, inner Rind of *Elder* well mixt with fresh Butter. When this is bound on with a Rag, plunge the Part into cold Water. This will suspend the Pain 'till the Medicine heals.

24. *A Cancer in the Breast.* *

99. Use the *Cold Bath*. (This has cured many.) This cured Mrs. *Bates* of *Leicestershire*, of a Cancer in her Breast, a Consumption, a Sciatica, and Rheumatism, which she had had near twenty Years.—She bathed daily for a Month, and drank only Water.

Gene-

* A *Cancer* is an hard, round, uneven, painful Swelling, of a blackish or leaden Colour, the Veins round which seem ready to burst. It comes commonly at first with a Swelling about as big as a Pea, which does not at first give much Pain, nor change the Colour of the Skin.

☞ *Generally where Cold Bathing is necessary to cure any Disease, Water-drinking is so, to prevent a Relapse.*

100. If it be not broke, apply a Piece of *Sheet-lead* beat very thin, and pricked full of Pin-holes, for Days or Weeks, to the whole Breast.—Purges should be added every third or fourth Day :

101. Or, Rub the whole Breast Morning and Evening with *Spirit of Hartshorn* :

102. Or, take a mellow *Apple*, cut off the Top, take out the Core, fill the Hole with *Hogs-grease*; then cover it with the Top, and roast the Apple thoroughly, take off the Paring, beat the Pap well, spread it thick on Linnen, and lay it warm on the Sore, putting a Bladder over it.—Change this every twelve or twenty-four Hours :

103. Take *Horses-Spurs* and dry them by the Fire, 'till they will beat to a Powder. Sift and infuse two Drams in two Quarts of Ale; drink half a Pint every six Hours, new Milk warm.—It has cured many. Tried.

104. Or, apply *Goose-dung* and *Celandine* beat well together and spread on a fine Rag. It will both cleanse and heal the Sore :

105. Or, a Poultis of *wild Parsnips*; Flowers, Leaves and Stalks, changing it Morning and Evening :

106. Or, live three Months on *Apples* and *Apple-Water* :

107. Or, take half a Dram of *Venice-Soap* twice a Day :

108. Or, take *Brimstone* and *Gas of Sulphur*, as Art. 41.—This has cured one far advanced in Years.

25. *A Cancer in any other Part.*

109. Apply red *Onions* bruised:
110. Or, make a Plaister of *Roch-Allum*, *Vinegar*, and *Honey*, equal Quantities, with *Wheat-flower*. Change it every twelve Hours. It often cures in three or four Days:
111. Or, stamp the Flowers, Leaves and Stalks of wild *Parfnips*, and apply them as a Plaister, changing it every twelve Hours. It usually cures in a few Days.

26. *Cancer in the Mouth.*

112. Boil a few Leaves of *Succory*, *Plantane* and *Rue* with a Spoonful of *Honey*, for a Quarter of an Hour. Gargle with this often in an Hour. I.
113. Or, with *Vinegar* and *Honey* wherein half an Ounce of *Roch-Allum* is boiled:
114. Or, with a little *Roman Vitriol* dissolv'd in a Pint of Water; then apply Cream. This also speedily cures the Shingles: Tried.
115. Or, take an Ounce of *Flour of Sulphur*, and half an Ounce of *Roch-Allum* finely powder'd. Mix these well together with pure *Honey*, and apply often.

27. *Chilblains (to prevent).*

116. Wear *Flannel-Socks*:
117. Or, wash the Hands with *Flour of Mustard*.

28. *Chil-*

28. *Chilblains (to cure).*

118. Apply *Salt and Onions* pounded together :
 119. Or, a *Poultis* of *roasted Onions* hot. Keep it on two or three Days, if not cured sooner :
 120. Or, hot *Turnip-parings* roasted, changing them twice or thrice a Day.
 121. Wash them (if broke) with *Tincture of Myrrh* in a little Water.

29. *Chin-Cough or Hooping-Cough.*

122. Use the *Cold Bath* daily :
 123. Or, rub the Feet thoroughly with *Hogs-lard*, before the Fire, at going to Bed, and keep the Child warm therein : Tried.
 124. Or, rub the Back at lying down with *old Rum*. It seldom fails.
 125. Or, give a Spoonful of Juice of *Penny-royal* mixt with brown *Sugar-candy*, twice a Day :
 126. Or, half a Pint of *Milk* warm from the Cow with the Quantity of a Nutmeg of Conserve of *Roses* dissolved in it, every Morning.
 127. In desperate Cases, change of Air alone has cured.

30. *Cholera Morbus, i. e. Flux and Vomiting.*

128. Drink two or three Quarts of *cold Water*, if strong ; of *warm Water*, if weak :

129. Or,

129. Or, boil a Chicken an Hour in two Gallons of Water, and drink of this 'till the Vomiting ceases.

31. *Chopt Hands (to prevent).*

130. Wash them with *Flour of Mustard*:
131. Or, in *Bran* and *Water* boiled together:
132. To cure, wash with *soft Soap* mixt with *red Sand*: Tried.
133. Apply *Oil of Myrrh*.

32. *Chopt Lips.*

134. Apply a little *Sal Prunellæ*.

33. *A Cold.*

135. Drink a Pint of *cold Water* lying down in Bed: Tried.
136. Or, a Spoonful of *Treacle* in half a Pint of Water: Tried.
137. Or, to one Spoonful of *Oatmeal* and one Spoonful of *Honey*, add a Piece of *Butter* of the Bigness of a *Nutmeg*: Pour on gradually near a Pint of boiling Water; drink this lying down in Bed.

34. *A Cold in the Head.*

138. Pare very thin the *yellow Rind* of an *Orange*. Roll it up inside out, and thrust a Roll into each Nostril.

35. *The*

35. *The Colick (in the Fit).*

- 139. Drink a Pint of *cold Water* : Tried.
- 140. Or, a Quart of *warm Water* : Tried.
- 141. Or, as largely as possible of *warm Tar-water* :
- 142. Or, a Pint of Water in which a *red hot Flint* is quenched :
- 143. Or, drink largely of *Camomile-Tea* :
- 144. Or, of Decoction of *Mallows* :
- 145. Or, take thirty Drops of Spirit of *Turpentine*, in a Glass of Water :
- 146. Or, from two Scruples to half a Dram of *Yellow-peel* of Oranges powder'd, in a Glass of Water :
- 147. Or, beat together into a Cake one Part of stoned Raisins of the Sun, and three Parts of *Juniper-Berries* ; eat more or less according to the Pain :
- 148. Or, take from thirty to sixty Drops of *Oil* of *Anise seed* on a Lump of Sugar :
- 149. Or, apply outwardly a Bag of *hot Oats* :
- 150. Or, *hot Water* in a Bladder.

36. *Colick in Children.*

- 151. Give a Scruple of powder'd *Anise-seed* in their Meat : Tried.

37. *A Bilious Colick.* *

152. Give a Spoonful of *sweet Oil* every Hour.—
This has cured one judged to be at the Point of Death.

153. Or, boil an Ounce of bruised *Anise-seed* in two Quarts of Water, 'till half is boiled away. When it is cool, infuse an Ounce of *Manna*, and four Drams of *Glauber's Salts*. Drink as much of it as you can. Tried.

38. *An Habitual Colick.*

154. Wear a thin soft Flannel on the Part.

39. *An Hysterick Colick.* †

155. Mrs. *Watts*, by using the *Cold Bath* two and twenty Times in a Month, was entirely cured of an Hysterick Colick, Fits, and convulsive Motions, continual Sweatings and Vomiting, wandering Pains in her Limbs and Head, with total Loss of Appetite.

156. In the Fit, drink half a Pint of *Water* with a little *Wheat-flower* in it, and a Spoonful of *Vinegar* :

157. Or,

* This is generally attended with vomiting a greenish or a frothy Matter, with feverish Heat, violent Thirst, a bitter Taste in the Mouth, and little and high-coloured Urine.

† Is attended with a violent Pain about the Pit of the Stomach, with great Sinking of the Spirits, and often with greenish Vomitings.

157. Or, of warm *Lemonade*: Tried.
158. Or, a Glass full of *Vinegar*:
159. Or, take 20, 30 or 40 Drops of *Balsam of Peru* in fine Sugar: If Need be, take this twice or thrice a Day:
160. Or, in Extremity, boil three Ounces of *Burdock-Seed* in Water, which give as a Clyster:
161. Or, twenty Drops of *Laudanum*, in any proper Clyster, which thus injected give instant Ease.

40. *A Nervous Colick.* *

162. Use the *Cold Bath*, daily for a Month:
163. Or, take *Quicksilver* and *Gas of Sulphur*, daily for a Month: As Art. 41.

41. *Colick from the Fumes of Lead, or White Lead, Verdigrease, &c.*

164. In the Fit, drink fresh melted Butter, and then vomit with *warm Water*.
165. Or, give Glisters of Oil or *fat Broth*.
166. To prevent or cure, breakfast daily on *fat Broth*, and use Oil of *sweet Almonds* frequently and largely.

142. *A*

* This is frequently term'd the *dry Belly-ach*. It often continues several Days, with little Urine, and obstinate Costiveness.

42. *A Consumption.*

167. *Cold Bathing* has cured many deep Consumptions : Tried.
168. One in a deep Consumption was advised to drink nothing but *Water*, and eat nothing but *Water-gruel*, without Salt or Sugar. In three Months Time he was perfectly well.
169. Take no Food but *new Butter Milk*, churn'd in a Bottle, and *white Bread*.—I have known this successful :
170. Or, boil two Handfuls of *Sorrel* in a Pint of Whey. Strain it, and drink a Glas thrice a Day.
171. Or, take a Spoonful of Syrup of *Flax-glove*, Morning and Evening : Tried.
172. Or, turn a Pint of skim'd Milk with half a Pint of small Beer. Boil in this Whey, about twenty *Ivy-leaves*, and two or three Sprigs of *Hyssop*. Drink half over Night, the rest in the Morning. Do this if needful for two Months daily.—This has cured in a desperate Case : Tried.
173. Or, take a *Cow-heel* from the Tripe-house ready drest, two Quarts of *new Milk*, two Ounces of *Hartshorn shavings*, two Ounces of *Ising-glass*, a Quarter of a Pound of *Sugar-candy*, and a Race of *Ginger*. Put all these in a Pot ; and set them in an Oven after the Bread is drawn. Let it continue there 'till the Oven is near cold ; and let the Patient live on this.—I have known this cure a deep Consumption more than once.
174. Or, every Morning cut up a little Turf of fresh Earth, and, lying down, breathe into the
Hole

Hole for a Quarter of an Hour.—I have known a deep Consumption cured thus.

175. Or, take half a Pint of skim'd *Milk*, put one Spoonful of the best *Rum*, sweetened with a little *Sugar* or *Sugar of Roses*; take it new *Milk* warm, lying in Bed an Hour after it: And use for common Drink eight Parts *Water*, three Parts skim'd *Milk*, one Part *Rum*, sweetened with a little *Sugar*.

176. "Mr. *Masters* of *Eversham*, was so far gone in a Consumption, that he could not stand alone. I advised him to lose six Ounces of Blood, every Day for a Fortnight, if he lived so long; and then every other Day; then every third Day; then every fifth Day, for the same Time. In three Months he was well."—Dr. *Dover*. Tried.

177. Or, throw *Frankincense* on burning Coals, and receive the *Smoke* daily thro' a proper Tube into the Lungs. Tried.

178. Or, smoke *Balsam of Tola*, like Tobacco.

43. *Convulsions*.

179. Use the *Cold Bath*:

180. Or, take a Tea-spoonful of *Valerian-root* powder'd in a Cup of *Water* every Evening:

181. Or, half a Dram of *Misselto* powder'd, every six Hours, drinking after it a Draught of strong Infusion thereof.

44. *Convulsions in Children*.

182. Scrape *Piony Roots* fresh digged. Apply what you have scraped off to the Soles of the Feet. It helps immediately. Tried.

45. *Convulsions in the Bowels of Children.*

183. Give a Child of a Quarter old, a Spoonful of the Juice of *Peilitory of the Wall*, two or three Times a Day. It goes thro' at once, but purges no more. Use Syrup, if Juice cannot be had.

46. *Corns (to prevent.)*

184. Wash the Feet often in cold *Water*.

47. *Corns (to cure.)*

185. Apply fresh every Morning the *Yeast of small Beer*, spread on a Rag:
186. Or, boil the Juice of *Radishes*, 'till it is thick enough to spread as a Plaister. Shift it as it grows dry:
187. Or, cleanse from Earth the Root and Herb of *Houfeleck*; crush it with your Fingers and apply it. Renew it every three Hours, for twenty-four Hours: *I*.
188. Or, apply fresh *Ivy-leaves* daily, and in fifteen Days they will drop out.

48. *Costiveness.*

189. Rise early every Morning:
190. Or, boil in a Pint and half of Broth, half a Handful of *Mallow-leaves* chopt: Strain this and drink it before you eat any Thing else. Do this frequently, if needful:
191. Or, breakfast twice a Week or oftner, on *Water-gruel* with *Currants*. Tried.
192. Or, take the Bigness of a large Nutmeg of *Cream*

Cream of Tartar, mixt with Honey, as often as you need.

49 *A Cough.*

193. Every Cough is a dry Cough at first. As long as it continues so, it may be cured by chewing immediately after you cough, the Quantity of a Pepper-corn of *Peruvian-Bark*. Swallow your Spittle as long as it is bitter, and then spit out the Wood. If you cough again, do this again. It very seldom fails to cure any dry Cough. Tried.—I earnestly advise every one who has any regard for his Health to try this within 24 Hours, after he first perceives a Cough.

194. Or, drink a Pint of *cold Water* lying down in Bed: Tried.

195. Or, mix an Ounce of *Linseed Oil*, with an Ounce of *white Sugar-candy* powder'd, and take a Tea-spoonful whenever the Cough comes:

196. Or, make a Hole thro' a *Lemon* and fill it with *Honey*. Roast it, and catch the Juice. Take a Tea-spoonful of this frequently: Tried.

50. *An Asthmatic Cough.*

197. Take *Spanish Liquorice* two ounces, *Salt of Tartar* half an Ounce: Boil the *Liquorice* in three Pints of *Water* to a Quart. Add the *Salt* to it when it is Blood-warm. Drink two Spoonfuls of this every two Hours.—It seldom fails: Tried.

51. *A Consumptive Cough.*

198. Slit ten or twelve *Raisins* of the Sun, take out the Stones, and fill them up with the small ten-

der Tops of *Rue*. Take these early every Morning, fasting two or three Hours after :

199. Or, boil a Pound of *Raisins* stoned in a Quart of old *Verjuice* to about a Pint. Then add a Pound of *brown Sugar-candy* and let it simmer into Syrup. Take near a Spoonful every three or four Hours.

200. To stop it for a Time, at lying down keep a little *stick Liquorice* shaved like *Horse-radish*, between the Cheek and the Gums.—I believe this never fails.

52. *A Convulsive Cough.*

201. Eat *preserv'd Walnuts* :

202. Or, boil a Handful of *Bay-leaves* in Milk, turn this with *white Wine*, and drink a Draught of the Whey often.

53. *An Inveterate Cough.*

203. Wash the Head in *cold Water*, every Morning :

204. Or, use the *Cold Bath*.—It seldom fails :

205. Or, take half a Pint of Decoction of *Onions*, Morning and Evening :

206. Or, a Spoonful of Juice of *Onions* :

207. Or, take peel'd *Turnips* three Pounds, *Sugar* one Pound, put them in an Earthen Pot close cover'd for twenty-four Hours. Strain the Juice, and take two or three Spoonfuls Morning and Evening : Tried.

208. Or, mix the Juice of boil'd *Turnips* with fine powder'd *Sugar-candy*, till it is a Kind of Syrup. Swallow a little of it Drop by Drop from Time to Time.

209. Or,

209. Or, take a Spoonful of Syrup of *Horehound* Morning and Evening: Tried.

210 Or, put a Scruple of *Sperma-Ceti* into the Yolk of a new-laid Egg, and sup it up in the Morning fasting.

54. *A Pleuritick Cough.*

211. Powder an Ounce of *Sperma-Ceti* fine. Work it in a Marble Mortar with the Yolk of a new-laid Egg. Mix them in white Wine, and take a small Glass every three Hours.

55. *A Tickling Cough.*

212. Drink *Water* whiten'd with Oatmeal four Times a Day:

213. Or, keep a Piece of *Barley-Sugar* or *Sugar-candy* constantly in your Mouth.

56. *Violent Coughing from a sharp thin Rheum.*

214. Work into old *Conserve of Roses*, as much as you can of pure *Olibanum*, powder'd as fine as possible. Take a Bolus of this twice or thrice a Day. It eases presently, and cures in two or three Weeks:

215. Or, use *Milk diet* as much as possible.

57. *The Cramp (to prevent.)*

216. Tie your Garter smooth and tight under your Knee at going to Bed: Tried.

217. Or, be *electrified* thro' the Part which uses to be affected. This generally prevents it for a Month : Sometimes for a Twelvemonth : Tried.

58. *The Cramp (to cure.)*

218. Stretch out the Limb immediately ;

219. Or, stretch out the opposite Arm and clench the Fist :

220. Or, chafe the Part with *Hungary-Water*,

221. Or, with *rectified Spirits of Wine* :

222. Or, apply boiled Nettles hot :

223. Or, take half a Pint of *Tar-water* Morning and Evening.

59. *A Cut.*

224. Keep it closed with your Thumb a Quarter of an Hour. Then double a Rag five or six Times ; dip it in cold Water, and bind it on : Tried.

60. *Deafness.*

225. Be *electrified* thro' the Ear : Tried.

226. Or, use the *Gold Bath* :

227. Or, put a little *salt* into the Ear :

228. Or, drop into it a Tea-spoonful of *salt Water* :

229. Or, of Juice of *Ground-Ivy* :

230. Or, three or four Drops of *Onion-juice* at lying down, and stop it with a little Wool.

61. *Deafness from Wax.*

231. Syringe the Ear with warm *Sage-tea* : Tried.

232. Or,

232. Or, put in *wild Mint* bruised, with the Juice, changing it often.

62. *Deafness with Head-ach and Buzzing in the Head.*

233. Peel a Clove of *Garlick*; dip it in *Honey*, and put it into your Ear at Night with a little black Wool. Lie with that Ear uppermost. Put the same in the other Ear the next Night. Do this, if need be, eight or ten Days.

63. *A Settled Deafness.*

234. Take a red *Onion*, pick out the Core; fill up the Place with Oil of roasted Almonds. Let it stand a Night; then bruise and strain it. Drop three or four Drops into the Ear, Morning and Evening, and stop it with black Wool.

64. *To cause an easy Delivery.*

235. Peel, slice and fry a large white *Onion* in two or three Spoonfuls of the best Oil, 'till it is tender. Boil this with half a Glass of Water: Strain and drink it in the Morning fasting, for two or three Weeks before the Time of Child-birth.

65. *A Diabetes.* §

236. Drink Wine boiled with *Ginger*, as much and as often as your Strength will bear. Let your Drink be Milk and Water. All Milk Meats are good:

237. Or, § A *Diabetes* is a frequent and large Discharge of pale and sweetish Urine, attended with constant Thirst, and a Wasting of the whole Body.

237. Or, drink three or four Times a Day a Quarter of a Pint of *Allum Posset*-drink, putting three Drams of *Allum* to four Pints of Milk.—It seldom fails to cure in eight or ten Days. *Dr. Mead.*

66. *The Dropsy.* ||

238. Use the *Cold Bath* daily, after purging :

239. Or, drink nothing but *Lemonade*: i. e. Lemon, Sugar and Water :

240. Or, take as much as lies on a Six-pence of powder'd *Lawrel-leaves*, every second or third Day. It works both Ways :

241. Or, mix half an Ounce of *Amber* with a Quart of *Wine Vinegar*. Heat a Brick (only not red hot) and put it into a Tub. Pour them upon it, and hold the Parts swell'd over the Smoke, covering the Tub close, to keep in the Smoke. The Water will come out incredibly, and the Patient be cured :

242. Or, cover the whole Belly with a large new Sponge dipt in strong *Lime-water*, and then squeezed out. This bound on, often cures, even without any sensible Evacuation of Water :

243. Or, apply green *Dock-leaves* to the Joints and Soles of the Feet, changing them once a Day :

244. Or, abstain from all Drink for thirty Days. To ease your Thirst hold often on your Tongue, a thin small Slice of toasted Bread dipt in Bran-

|| A *Dropsy* is, a preternatural Collection of Water, in the Head, Breast, Belly, or all over the Body. It is attended with a continual Thirst. The Part swelled pits, if you press it with your Finger. The Urine is pale and little.

dy ;

dy ; or, wash the Mouth with Juice of Lemons :
Tried.

245. *Tar-water* drank twice a Day has cured many :

246. Or, eat a *Crust* of *Bread* every Morning fasting : Tried.

247. Or, drink *Sea-Water*, Morning and Evening :

248. Or, mix a Pound of the coarsest *Sugar* with a Pint of Juice of *Pellitory of the Wall* bruised in a Marble Mortar. Boil it as long as any Scum rises. When cool, bottle and cork it. If very bad, take three Spoonfuls at Night, and two in the Morning.—It seldom fails : Tried.

249. Take a Spoonful of the Juice of *Artichoke-leaves*, Morning and Evening :

250. Or, three Spoonfuls of the Juice of *Leeks* and *Elder-leaves* :

251. Or, half a Pint of Decoction of *Butchers Broom*, intermixing Purges twice or thrice a Week. The proper Purge is ten Grains of *Jalap* with six of powder'd *Ginger*. It may be encreas'd or lessen'd according to the Strength of the Patient :

252. Or, take a Spoonful of whole *Mustard-seed*, Night and Morning, and drink on it half a Pint of Decoction of *green Broom-tops*. This works both by Stool and Urine :

253. Or, boil two Handfuls of *Elder-roots* in a Quart of Water. Strain it and drink a large Glass thrice a Day for thirty Days. It frequently cures in that Time.

67. *The Ear-Ach.*

254. Rub the Ear hard for a Quarter of an Hour:
Tried.
255. Or, be *electrified*: Tried.
256. Or, apply to it a *hot Roll*:
257. Or, put in a *roasted Fig*, as hot as may be:
258. Or, blow the *Smoak of Tobacco* strongly into it:
259. Or, drop in Juice of *Goose Grass*.

68. *Ear-Ach from Cold.*

260. Boil *Rue*, or *Rosemary*, or *Garlick*, and let
the Steam go into the Ear thro' a Funnel.

69. *Ear-Ach from Heat.*

261. Apply Cloths four Times doubled and dipt in
cold Water, changing them when warm, for half
an Hour.

70. *Ear-Ach from Worms.*

262. Drop in *warm Milk*, and it brings them out:
263. Or, Juice of *Wormwood*, which kills them:
264. Or, Oil of *bitter Almonds*.

71. *Noise in the Ears.*

265. Drop in Juice of *Onions*:
266. Or, fill them with bruised *Hyssop*.

72. *Hard Wax in the Ear.*

267. Is best dissolv'd by *warm Water*.

73. *Eyes blear'd.*

268. Drop into them Juice of *Crab App'les*.

74. *A Blood-shot Eye.*

269. Apply Linnen Rags dipt in *cold Water* for two or three Hours :

270. Or, blow in white *Sugar-candy* finely powder'd:

271. Or, apply boil'd *Hyssop* as a Poultis.—This has a wonderful Efficacy.

75. *A Bruise in the Eye.*

272. Apply as a Plaister *Conserve of Roses* :

273. Or, a Paste of *black Soap* and *white Bread Crumbs*. But take Care it get not into the Eye.

76. *Burning Eyes, or hot Rheum.*

274. Apply a thick *Apple-Paring*, lying down in Bed.

77. *Clouds flying before the Eyes.*

275. Take a Dram of powder'd *B.t.ny* every Moment.

78. *Blindness.*

276. Is often cured by *cold Bathing* :

277. Or, by *electrifying* : Tried. This has cured even a *Gutta Serena*.

79. *Eyes*

79. *Eyes dim or decay'd.*

278. Use *Eye-bright* Tea daily :
279. Or, powder'd *Eye-bright*, both in Meat and Drink.

80. *Dull Sight.*

280. Drop in two or three Drops of Juice of rotten Apples often.

81. *Films.*

281. Dry *Zibethum Occidentale* ; i. e. *Stercus humanum*, slowly ; powder it fine, and blow it into the Eye twice or thrice a Day :
282. Or, mix Juice of *Ground-ivy* with a little Honey, and two or three Grains of Bay Salt. Drop it in Morning and Evening.

82. *Hot or Sharp Humours.*

283. Beat the White of an Egg into Water, in which mix fine Sugar, and drop it into the Eye :
284. Or, drop in Juice of *Daisies* Morning and Evening :
285. Or, boil a Handful of *Bramble-leaves* with a little *Allum* in a Quart of Spring Water to a Pint. Drop this frequently into the Eye. This likewise speedily cures any Sores.

83. *Eyes inflam'd.*

286. Apply as a Poultis, boil'd, roasted or rotten Apples warm :

287. Or,

287. Or, *Wormwood-tops* with the *Yolk* of an Egg :
This will hardly fail.

288. Or, beat up the *White* of an Egg with two
Spoonfuls of *white Rose Water* into a white Froth.
Apply this on a fine Rag, changing it so that it
may not grow dry, 'till the Eye is well : Tried.

84. *A Lachrymal Fistula.* ||

289. Apply a Poultis of fine Leaves of *Rue* :

290. Or, Wash the Eye Morning and Evening with
Decoction of *Quince-leaves* :

291. Or, take a Dram of *Betony-leaves* powder'd
daily.

85. *Pearl in the Eye.*

292. Apply a Drop of Juice of *Celandine* with a
Feather thrice a Day :

293. Or, of *three-leav'd Grass*. It commonly cures
in seven Days.

86. *White Specks in the Eye.*

294. Going to Bed, put a little *Ear-wax* on the
Speck. — This has cured many.

295. Or, a Drop of the Juice of *Fennel* :

296. Or, of *Ivy-juice* : Afterwards blow in a little
powder'd *Loaf-sugar*.

87. *An excellent Eye-Water.*

297. Heat half an Ounce of *Lapis Calaminaris* red
hot, and quench it in half a Pint of *French white*

|| This disorder in the inner Corner of the Eye, causes
the Tears to flow involuntarily.

Wine, and as much *white Rose Water*: Then pound it small and infuse it. Shake the Bottle when you use it. It cures Soreness, Weakness, and most Diseases of the Eye. I have known it cure total Blindness.

88. *Another.*

298. Infuse in *Lime-water* a Dram of *Sal Armoniack* powder'd, for twelve Hours; then strain and keep it for Use. This also cures most Disorders in the Eyes.

89. *Another.*

299. Boil very lightly one Spoonful of *white Copperas* scrap'd, and three Spoonfuls of *white Salt*, in three Pints of Spring Water. When cold, bottle it in large Vials without straining. Take up the Vial softly, and put a Drop or two in the Eye Morning and Evening.

✎ *It answers the Intention of almost all the preceding Medicines: It takes away Redness, or any Soreness whatever: It cures Pearls, Rheums, and often Blindness itself.*

300. *An Eye Water which was used by Sir Stephen Fox, when he was 60 Years of Age, and could hardly see with the help of Spectacles; but hereby in some time recover'd his Sight, and could see to read the smallest Print without Glass or Spectacles, till above Eighty.*

Take six Ounces of rectify'd Spirit of Wine, dissolve in it one Drachm of *Camphire*: then add
two

two Pugils of dry'd *Elder Flowers*. In twenty-four Hours after it is infused, it is ready for Use. Take out a little in a Tea-spoon; dip your Finger in it, and Bathe your Forehead over your Eyes, and each Temple with it several Times, Morning, and Night, and twice more in the Day constantly. Mean time dip a soft Rag in dead small Beer, new Milk warm, and dabb each Eye a dozen Times gently, Morning and Evening. If it is a watry Humour, you may with your Finger wet the Eyelids two or three Times apiece; but be sure to shut your Eyes, or it makes them smart and burn excessively. If you have the Tooth-ach or swell'd Face rub it well in on the Part, and it will take away the Pain. It will cure any Bruise also if used immediately: Tried. It will cure any Inflammation in the Eyes, by a long course of using.


90. *Weak Eyes.*

301. Moisten the Eyelids Morning and Evening with *camphorated Spirits of Wine*, keeping the Eye shut.
302. Wash the Head daily with *cold Water*: Tried.

91. *The Falling Sickness.* *

303. Be *electrified*. Tried.
304. Or, use the *cold Bath* for a Month daily:
305. Or, take a Tea-spoonful of *Piony Root* dried and grated fine, Morning and Evening for three Months:

* In the *Falling Sickness* the Patient falls to the Ground, either quite stiff, or convulsed all over, utterly senseless, gnashing his Teeth, and foaming at the Mouth.

306. Or, take a Spoonful of the Juice of *Rue*, Morning and Evening, for a Month:
307. Or, half a Pint of Decoction of *Lignum Guaiacum*, Morning and Evening: *I.*
308. Or, of *Tar-water* for three Months:
309. Or, take four Drops of *Laudanum* fasting, for six or seven Mornings. This has cured many.
310. Or, use an *entire Milk Diet* for three Months: It seldom fails:
311. Or, take half a Dram of powder'd *Missello* every six Hours, drinking after it a strong Infusion of *Missello*: *I.*
312. In the Fit, blow up the Nose a little powder'd *Ginger*:
313. Or, Leaves of *Assarabacca* powder'd.— This is the famous *Major's Snuff*.

92. *The Falling of the Fundament.*

314. Apply a Cloth covered thick with *Brick Dust*:
315. Or, boil a Handful of *red Rose Leaves* in a Quarter of a Pint of *red Wine*: Dip a Cloth in it, and apply it as hot as can be borne. Do this 'till all is used.

93. *A Falling down of the Womb.*

316. May be cured in the Manner last mentioned.

94. *A Fever.*

317. Drink a Pint and Half of *cold Water* lying down in Bed: I never knew it do Hurt:

318. Or

318. Or, a large Glafs of *Tar-water* warm, every Hour.
319. The best of all Juleps in a Fever, is this :
Toast a large thin Slice of Bread, without Burning ; put it hot into a Pint of cold Water ; then set it on the Fire 'till it is pretty hot. In a dry Heat it may be given cold ; in a moist Heat warm ; the more largely the better : Tried.
320. Put an Ounce of *Rice* in a Pint of Water. Set it near the Fire, 'till it is scalding hot. Then pour it off clear.
321. Or, for a Change, use *Pippin* or *Wood-sorrel* Tea : Or, *Pippin Posset Drink* : Or, *Wood sorrel Posset Drink* :
322. Or, Decoction of *Violet-leaves* :
323. Or, of *Strawberry-leaves* :
324. To prevent catching any infectious Fever, do not breathe near the Face of the sick Person, neither swallow your Spittle while in the Room. Infection seizes the Stomach first.

95. *A Burning Fever.*

325. Stamp a Handful of Leaves of *Caprifolium* ; put fair Water to it, and use it cold as a Clyster. It commonly cures in an Hour :
326. Or, smear the Wrists, five or six Inches long with warm *Treacle*, and cover it with brown Paper.

96. *A Continual Fever.*

327. If not very violent, take a Dram of *Sal Prunellæ*, every four Hours, in warm Water, 'till it abates.

97. *A Heetick Fever.*

328. Drink only thin *Water-gruel*, or boil'd *Milk and Water*. The more you drink the better.

98. *A High Fever.*

329. Attended with a Delirium and a Vigilia, has been cured by plunging into cold Water; which is a safe and sure Remedy in the Beginning of any Fever.

330. Such a Delirium is often cured by applying warm *Lamb's Lungs* to the Head.

99. *An Intermittent Fever.*

331. Drink warm *Lemonade* in the Beginning of every Fit: It cures in a few Days: Tried.

332. Or, take a Tea-spoonful of *Oil of Sulphur* in a Cup of *Balm Tea*, once or twice a Day.

100. *A Fever with Pains in the Limbs.*

333. Take twenty Drops of *Spirit of Hartshorn* in a Cup of Water twice or thrice in twenty-four Hours:

334. Or, in strong *Camemile Tea*, lying down in Bed.

101. *A Rash Fever.*

335. Drink every Hour a Spoonful of Juice of *Ground-Ivy*. It cures in twenty-four Hours. Use the Decoction, when you have not the Juice.

102. *A Slow Fever.*

336. Use the *cold Bath* for two or three Weeks, daily.

103. *A Fistula.*

337. Grind an Ounce of *Mercury Sublimate*, in a Glass Mortar, with a Glass Pestle, as fine as possible. Put it into a Glass Bottle, and pour on it two Quarts of pure Spring Water. Cork it close, and for six Days shake it well every Hour. Then let it settle for twenty-four Hours. Pour it off clear; filter it in a Glass Funnel; and keep it for Use close stopt. Put a Spoonful of this Water in a Vial, and add two Spoonfuls of pure Spring Water: Shake them well together, and drink it fasting. It works both by Vomit and by Stool, but very safely. Keep yourself very warm, and walk as much as you can. The first Time neither eat nor drink 'till two Hours after it has done working. Take this every other Day. In forty Days this will also cure any *Cancer*, any *old Sore*, or *King's-Evil*, broken or unbroken. After the first or second Vomit you may use Water-gruel, as in other Vomits. — *Very weak Persons should not use this.*

104. *Flegm.*

104. *Flegm.*

338. To prevent or cure, take a Spoonful of warm Water the first thing in the Morning.

105. *A Flux.*

339. Use the cold Bath daily, and drink a Draught of Water from the Spring :

340. Or, sit over *Camomile-Flowers* boil'd in Milk :

341. Or, receive the Smoke of *Turpentine* cast on burning Coals. This cures also the *Bloody Flux*, and the *Falling of the Fundament* :

342. Or, drink two or three Quarts of warm Water :

343. Or, put a large brown Toast into three Quarts of Water, with a Dram of *Cochineal*, and a Dram of Salt of *Wormwood*. Drink it all in as short Time as you conveniently can. This rarely fails to cure all *Fluxes*, *Cholera Morbus*, yea, and *Inflammations of the Bowels* : Tried.

344. Or, take a Spoonful of *Plantane-seed* bruised, Morning and Evening, 'till it stops :

345. Or, the *Leaves* of it boiled in small Broth :

346. Or, three or four Ounces of its Juice :

347. Or, a small *Nutmeg* powder'd in the Yolk of an Egg :

348. Or, a Dram of the Seed of *Flix-weed* in two or three Spoonfuls of Broth : I.

349. Or, ten Grains of *Ipecacuanha* three Mornings successively. It is likewise excellent as a Sudorific.

350. Or,

350. Or, boil the *Fat* of a Breast of Mutton in a Quart of Water for an Hour. Drink the Broth, as soon as you can conveniently. This will cure the most inveterate Flux : Tried.

106. *A Bloody Flux.*

351. Apply a Suppository of Linnen dipt in *Aqua Vitæ* :

352. Or, drink *cold Water* as largely as possible, taking nothing else 'till the Flux stops :

353. Or, take a large *Apple*, and at the Top pick out all the Core, and fill up the Place with a Piece of *Honey-comb* ; (the Honey being strained out) roast the Apple in Embers, and eat it, and this will stop the Flux immediately :

354. Or, thirty Grains of powder'd Root of *Gladwin*, at Night, twice or thrice a Week : It is just as good as *Rhubarb* in most Cases :

355. Or, Decoction of *Primrose-leaves* Morning and Evening :

356. Or, grated *Rhubarb*, as much as lies on a Shilling, with half as much of grated *Nutmeg*, in a Glass of white Wine, lying down, every other Night : Tried.

107. *The Gout in the Stomach.*

357. " Dissolve two Drams of *Venice Treacle* in a Glass of *Mountain*. After drinking it, go to Bed. You will be easier in two Hours, and well in sixteen." Dr. *Dover*.

358. Or, take two Spoonfuls of Juice of *Wormwood*.

359. Or,

359. Or, boil a Pugil of *Tansy* in a Quarter of a Pint of *Mountain*. Drink it in Bed. I believe this never fails : Tried.

360. To prevent its Return, dissolve half an Ounce of *Gum Guaiacum*, in two Ounces of *Sal Volatile*. Take a Tea-spoonful of this every Morning, in a Glass of Spring Water.

☞ *This helps any sharp Pain in the Stomach.*

Dr. Boerhaave.

108. *The Gout in the Foot or Hand.*

361. Apply a raw lean *Beef-stake*. Change it once in twelve Hours, 'till cured.

109. *The Gout in any Limb. ||*

362. Rub the Part with *warm Treacle*, and then bind on a Flannel smear'd therewith. Repeat this, if Need be, once in twelve Hours. This has cured an inveterate Gout :

363. Or, dry *Sage* in the Sun for a Day. Apply this, and in one Night it will ease the Pain.

364. Or, at Six in the Evening, undress, and wrap yourself up in Blankets.—Then put your Legs up to the Knees in Water, as hot as you can bear it. As it cools, let hot Water be poured in, so as to keep you in a strong Sweat 'till Ten. Then go into a Bed well warm'd and sweat 'till Morning.—I have known this cure an
inve-

|| Regard not them who say, 'The Gout ought not to be cured. They mean, *It cannot*. I know it cannot by *their regular Prescriptions*. But I have known it cured in many Cases, without any ill Effect following.

inveterate Gout, in a Person above Sixty, who lived eleven Years after.

110. *The Gravel.*

365. Eat largely of *Spinach* :
 366. Or, drink largely of *warm Water* sweetned with *Honey* :
 367. Or, of *Peach-leave Tea* :
 368. Or, of *Pellitory of the Wall Tea*, so sweetned :
 369. Or, infuse an Ounce of *wild Parsley Seeds* in a Pint of *white Wine* for twelve Days. Drink a Glas of it fasting three Mornings. To prevent it's return, breakfast for three Months on *Agrimony Tea*. It entirely cured me, twelve Years ago, nor have I had the least Symptoms of it since.

111. *The Green Sickness.*

370. Take an Ounce of *Quick-silver* every Morning :—As Art. 41.
 371. Or, a Cup of Decoction of *Lignum-Guaiacum*, Morning and Evening.
 372. Or, grind together into a fine Powder three Ounces of the finest *Steel-filings*, and two Ounces of *red Sugar Candy*. Take from a Scruple to half a Dram every Morning. I.

112. *To kill Animalcula that cause the Gums to waste away from the Teeth.*

373. Gargle thrice a Day with Salt and Water.

113. *The Head-ach.*

374. Rub the Head for a Quarter of an Hour :
Tried.

375. Or, be *electrified*: Tried.

376. Or, apply to each Temple the thin yellow
Rind of a *Lemon*, newly pared off :

377. Or, pour into the Palm of the Hand a little
Brandy, with some Zift of *Lemon*, and hold it to
the Forehead :

378. Or, if you have caught Cold, boil a Hand-
ful of *Rosemary* in a Quart of Water. Put this in
a Mug, and hold your Head (cover'd with a Nap-
kin) over the Steam, as hot as you can bear.
Repeat this 'till the Pain ceases: Tried.

379. Or, drop Juice of *Pimpernell* into the Ear :

380. Or, snuff up the Nose *camphrated Spirits of*
Lavender :

381. Or, Juice of *Ground-Ivy* : I.

382. Or, a little Juice of *Horse-Radish* :

383. Or, drink half a Pint of strong Decoction of
Ground-Ivy, Morning and Evening.

114. *A Chronical Head-Ach.*

384. Keep your Feet in *warm Water*, a Quarter of
an Hour before you go to Bed ; for two or three
Weeks : Tried.

385. Or, wear tender *Hemlock-leaves*, under the
Feet, changing them daily :

386. Or, order a Tea-kettle of *cold Water* to be
poured on your Head every Morning in a slender
Stream :

387. Or, apply to the Head bruised *Cummin-seed* fried with an Egg:

388. Or, take a large Tea-cup full of *Carduus* Tea without Sugar fasting for six or seven Mornings: Tried.

389. Or, boil *Wood-betony* in new Milk, and strain it. Breakfast on this for five or six Weeks. I.

115. Head-ach from Heat.

390. Apply to the Forehead Cloths dipt in cold Water for an Hour: Tried.

391. Or, beat white *Poppy-seed* to Powder; mix this with Yolks of Eggs, and apply it to the Temples and Forehead.

116. A Nervous Head-ach.

392. Dry and powder an Ounce of *Marjoram* and half an Ounce of *Assarabacca*; mix them, and take them as Snuff, keeping the Ears and Throat warm. This is of great Use even in a Cancer:

393. Or, take half a Dram of powder'd *Marum* Morning and Evening in any Liquid.

117. An Hemicrania. †

394. Use cold Bathing:

395. Or, apply to that Part of the Head shaved, a Plaister that will stick, with a Hole cut in the Middle of it, as big as an Halfpenny: Place

† That is, an Head-ach which affects but one Side of the Head.

over that Hole Leaves of *Ranunculus*, bruised and very moist. It is a gentle Blister.

118. *Stoppage in the Head.*

396. Snuff up Juice of *Primrose*, keeping the Head warm.

119. *The Heart-Burning.* *

397. Drink a Pint of *cold Water*: Tried.

398. Or, drink slowly of Decoction of *Camomile Flowers*:

399. Or, chew five or six *Pepper Corns* a little; then swallow them:

400. Or, take six *Almonds* and twelve raw *Peas*, and eat them together:

401. Sometimes a *Vomit* is needful, of *Ipecacuanha*, or *Carduus Tea*.

120. *The Hiccup.*

402. Swallow a Mouthful of Water, stopping the Mouth and Ears: Tried.

403. Or, take any Thing that makes you sneeze:

404. Or, a little candied *Ginger*:

405. Or, two or three preserv'd *Damsons*:

406. Or, three Drops of *Oil of Cinnamon* on a Lump of Sugar. Tried.

121. *Hoarseness.*

407. Rub the Soles of the Feet before the Fire, with *Garlick* and *Lard* well beaten together, over Night. The Hoarseness will be gone next Day:

* A sharp gnawing Pain at the Orifice of the Stomach.

408. Or,

408. Or, take a Pint of cold Water lying down :
 409. Or, instead of Supper, eat an *Apple* and drink half a Pint of Water :
 410. Or, swallow slowly the Juice of *Radishes* :
 411. Or, take a Spoonful of *Sage-juice* Morning and Evening.
 412. Or, a Tea-Spoonful of *Conserve of Roses* every Night : Tried.

122. *Hypochondriac and Hysterical Disorders.*

413. Use *cold Bathing* :
 414. Or, take an Ounce of *Quicksilver* every Morning.

123. *The Jaundice.*

415. Wear Leaves of *Calandine* upon and under the Feet :
 416. Or, take a small Pill of *Castile Soap* every Morning for eight or ten Days : Tried.
 417. Or, as much as lies on a Shilling of *calcin'd Egg-shells*, three Mornings fasting ; and walk 'till you sweat :
 418. Or, half a Pint of strong Decoction of *Nettles* :
 419. Or, boil a large *Burdock-root* in two Quarts of Water to three Pints. Let it soak therein for twenty-four Hours cover'd close. Drink a Draught of this three or four Times, and it will not fail.

124. *The Jaundice in Children.*

420. Take half an Ounce of fine *Rhubarb*, powder'd. Mix with it thoroughly, by long beating, two Handfuls of good well cleansed *Currants*. Of this give a Tea-spoonful every Morning.

125. *The Iliac Passion.**

421. Apply warm Flannels soaked in *Spirits of Wine*:

422. Or, hold a *live Puppy* constantly on the Belly.
—Dr. Sydenham.

423. Or, immerge up to the Breast in a warm Bath:

424. Or, Take a Decoction of the Seed of *Dill* in Oil and Water, and then a Bit of Bread dipt in Water:

425. Or, Ounce by Ounce, a Pound or a Pound and a half of *Quicksilver*.

126. *An Impostume.*

426. Put the White of two *Leeks* in a wet Cloth, and so roast them in Ashes, but not too much. Stamp them in a Mortar with a little *Hogs-grease*. Spread it thick Plaister-wise, and apply, changing it every Hour, 'till all the Matter be come out, which it will be in three Times. I.

* In this violent Kind of *Colic* the Excrements are thrown up by the Mouth in vomiting.

127. *Pain in the Joints.*

427. Drink Decoction of *Herb Robert*, and apply it as a Poultis.

128. *The Itch.**

428. Wash the Parts affected with *strong Rum*:
Tried.

429. Or, with strong Decoction of *Dock-root* for nine or ten Days:

430. Or, of *Hyssop*, four or five Days:

431. Or, anoint them with *black Soap*:

432. Or, steep a Shirt half an Hour in a Quart of Water mixt with half an Ounce of powder'd *Brimstone*. Dry it slowly, and wear it five or six Days. Sometimes it needs repeating: Tried.

433. Or, mix Powder of *white Hellebore* with Cream for three Days. Anoint the Joints three Mornings and Evenings.—It seldom fails:

434. Or, mix a little fine *Bay Salt*, and as much *Flour of Brimstone*, with a little *sweet Oil*. Rub it well in the Palms of the Hands, and dry it in.—It commonly cures in three Days.

435. Or, beat together the Juice of two or three *Lemons*, with the same Quantity of *Oil of Roses*. Anoint the Parts affected. It cures in two or three Times using:

* This Distemper is nothing but a Kind of very small Lice which burrow under the Skin. Therefore inward Medicines are absolutely needless.—Is it possible, any Physician should be ignorant of this?

436. Or, mix an Ounce of *Ginger* finely powder'd with a Quarter of a Pound of fresh Butter. Use it Morning and Evening.—It cures in four or five Days.

129. *The King's Evil.* *

437. Take as much *Cream of Tartar* as lies on a Sixpence, every Morning and Evening:

438. Or, drink for six Weeks half a Pint of a strong Decoction of *Devil-bit*: Tried.

439. Or, of *Ground-Ivy*:

440. Or, of *dead Nettles*:

441. Or, of *Colts-foot*: Mean-time, apply the Herb beaten up with powder'd *Linseed* and *Hogs-lard*, to the Sores. Renewing it twice a Day:

442. Or, use *Lime-water* for common Drink:

443. Or, the Diet-drink mentioned Art. 560.—I have known this cure one whose Breast was as full of Holes as an Honey-comb:

444. Or, set a Quart of *Honey* by the Fire to melt. When it is cold, strew into it a Pound and a half of *Quick-Lime* beat very fine, and searfed through a Hair Sieve. Stir this about till it boil up, of itself into a hard Lump. Beat this when cold very fine, and searfe it, as before. Take of this as much as lies on a Shilling in a Glass of Water every Morning fasting; an Hour before

* It commonly appears first, by the Thickness of the Lips; then come hard Swellings, in the Neck chiefly; then running Sores.

Breakfast,

Breakfast, at four in the Afternoon, and at going to Bed :

445. Or take two Spoonfuls of the Juice of *Water Parsnips*, with two Spoonfuls of *Milk*, every Morning fasting, for the six Summer Months. Two Hours after, breakfast on *Water-gruel* with a little Bread.

130. This cures the *Scurvy* in three Months.

130. *Stoppage in the Kidneys.*

446. Take twelve Grains of *Salt of Amber* in a little Water.

131. *The Legs inflam'd.*

447. Apply *Fullers Earth* spread on brown Paper : It seldom fails.

448. Or, boiled *Turnips* mixt with *Mutton suet* :

449. Or, rub them with warm Juice of *Plantane* :

132. *Legs sore and running.* -

450. Wash them in *Brandy* and apply *Elder-leaves*, changing them twice a Day. This will dry up all the Sores, though the Leg were like an *Honey-comb* : Tried.

133. *The Leprosy.**

451. Use the cold Bath :

* In this Disease the Skin in many Parts is covered with rough, whitish, scaly Pustules, and if these are rubb'd off, with a Kind of scaly Scurf.

452. Or, wash in the *Sea* often and long :
453. Or, wash the Parts with Juice of *Calamint* :
454. Or, mix well an Ounce of *Pomatum*, a Dram of powder'd *Brimstone*, and half an Ounce of *Sal Prunellæ* ; and anoint the Parts so long as there is Need :
455. Or, add a Pint of Juice of *House-leek*, and half a Pint of *Verjuice*, to a Pint and a Half of Posset-drink. Drink up this in twenty-four Hours.— It cures also the Quinsy, and all Sorts of white Swellings on the Joints :
456. Or, drink half a Pint of *Cellary-whey*, Morning and Evening. This has cured in a most desperate Case :
457. Or, drink for a Month a Decoction of *Elm Bark*, Morning and Evening.

134. *The Lethargy.*

458. Snuff strong *Vinegar* up the Nose :
459. Or, Powder of white *Hellebore* :
460. Or, take half a Pint of Decoction of *Savony*, Morning and Evening :
461. Or, of Infusion of *Water-Cresses*.

135. *Lice (to kill).*

462. Sprinkle *Spanish Snuff* over the Head :
463. Or, wash it with a Decoction of *Amaranth*.

136. *For*

136. *For one seemingly kill'd with Lightning, or a Damp, or Suffocated.*

464. Plunge him immediately into *cold Water* :

465. Or, blow strongly with Bellows down his Throat.—This may recover a Person seemingly drowned.

137. *Lues Venerea.*

466. Take an Ounce of *Quicksilver* every Morning, and a Spoonful of *Gas of Sulphur* in a Glass of Water at Five in the Afternoon. I have known a Person cured by this, when supposed to be at the Point of Death, who had been infected by a foul Nurse, before she was a Year old.—I insert this for the Sake of such innocent Sufferers.

138. *Lunacy.*

467. Give Decoction of *Agrimony* four Times a Day:

468. Or, rub the Head several Times a Day with *Vinegar*, in which *Ground ivy-leaves* have been infused :

469. Or, boil Juice of *Ground-ivy* with *sweet Oil* and *white Wine* into an Ointment. Shave the Head, anoint it therewith, and chase it in warm, every other Day for three Weeks. Bruise also the Leaves and bind them on the Head, and give three Spoonfuls of the Juice warm every Morning.—This generally cures Melancholy :

470. Or, *Electrify*. Tried.

139. *Raging*

139. *Raging Madness.* *

471. Apply to the Head Cloths dipt in *cold Water* :

472. Or, set the Patient with his Head under a great *Water-fall*, as long as his Strength will bear : Or, pour Water on his Head out of a Tea-kettle :

473. Or, let him eat nothing but *Apples* for a Month :

474. Or, nothing but Bread and *Milk* : Tried.

140. *The Bite of a mad Dog.*

475. Apply Ashes of *Trefoil* mixt with *Hogs-lard*. This has cured one that was bit on the Nose :

476. Or, plunge into *cold Water* daily for twenty Days, and keep as long under it as possible. This has cured, even after the *Hydrophobia* was begun. †

477. *Galen* says, none ever failed of a Cure who took two Spoonfuls of *Ashes* of *Craw-Fish* daily for forty Days :

478. Or, apply Juice of *Dracuntia* mixt with *Vinegar*, outwardly, and drink of the same Morning and Evening, five or six Days :

479. Or, mix powder'd *Liver-wort* four Drams, *black Pepper* two Drams. Divide this into four Parts, and take one in *warm Milk* for four Morn-

* It is a sure Rule, that all Madmen are Cowards, and may be conquered by binding only, without beating.—*Dr. Mead.*

† If this is really a Nervous Disorder, what Wonder, if it should be cured by *Cold Bathing* ?

ings fasting. Dr. Mead affirms, he never knew this fail.

480. Or, take two or three Spoonfuls of the Juice of *Ribwort*, Morning and Evening, as soon as possible after the Bite. Repeat this for two or three Changes of the Moon. It has not been known to fail.

141. *The Measles.* *

481. Drink only thin *Water-gruel*, or *Milk and Water*, the more the better; or, *Toast and Water*.
 482. If the Cough be very troublesome, take frequently a Spoonful of *Barley-Water* sweetened with *Oil of sweet Almonds* newly drawn, mixt with Syrup of *Maiden-hair*.
 483. After the Measles, for some Weeks, take Care of catching Cold, use light Diet, and drink Barley-water instead of Malt-drink.

142. *Menses Obstructed.*

484. Be electrified : Tried.
 485. Or, take half a Pint of strong Decoction of *Penny royal* every Night at going to Bed :
 486. Or, a Spoonful of Juice or Syrup of *Brooklime*, Morning and Evening :
 487. Or, a Tea-Spoonful of *Columbine-seeds* powder'd, thrice a Day :
 488. Or, boil five large Heads of *Hemp* in a Pint of Water to half. Strain it, and drink it going.

* This Distemper is always preceded by a violent Cough, often fourteen Days before the red Spots come out.

to Bed two or three Nights. It seldom fails.
Tried.

489. Or, take from eight to twelve Grains of *Calmel*, in a Pill, for two or three Nights, taking Care not to catch Cold. It vomits and purges :
Tried.

490. Or, pour twelve Ounces of rectified Spirits of Wine on four Ounces of Roots of *Black Hel-lebore*, and let it stand in a warm place twenty-four Hours. Pour it off and take from thirty to forty Drops in any Liquid fasting. It is good likewise in the Green Sickness, in all Hypochondriacal Cases, and in obstinate Madness.

491. Or, burn a little *Sulphur of Antimony* on a Chafing-Dish of Coals, and receive the Smoke by a Funnel. In a few Minutes it will take Effect.

☞ Let any of these Medicines be used at the regular Times as near as can be judged.

143. *Menses Nimii.*

492. Drink nothing but cold Water, with a Spoonful of fine Flour stirred in it. At the Time, drink a Glass of the coldest Water you can get, and apply a thick Cloth dipt in cold Water :


493. Or, put the Feet into cold Water :

494. Or, apply a Sponge dipt in Red Wine and Vinegar :

495. Or, bleed in the Arm. Stop the Orifice often with the Finger, and then let it bleed again :

496. Or, boil four or five Leaves of the Red Holy Oak in a Pint of Milk, with a small Quantity of Sugar.

Nerves themselves are disorder'd. In the former Case, Temperance and Abstemiousness will generally cure: In the latter, when the Nerves perform their Office too languidly, a GOOD AIR is the first requisite. The Patient also should rise early, and as soon as the Dew is off the Ground, walk: Let his Breakfast be *Mother of Thyme Tea*, gather'd in *June*, using half as much as we do of common Tea. It should be drunk with the finest Sugar; and Cream may be added if he please: Coffee must be avoided. When the Nerves are too sensible, let the Person breathe a proper Air. Let him eat Veal, Chickens, or Mutton. Vegetables should be eat sparingly; the most innocent is the French Bean whilst young, and the best Root the Turnip. Wine should be avoided carefully: So should all Sauces. Sometimes he may breakfast upon a Quarter of an Ounce of the Powder of *Valerian-root* infus'd in hot Water, to which he may add Cream and Sugar. Tea is not proper. When the Person finds an uncommon Oppression, let him take a large Spoonful of the Tincture of *Valerian-root*.

 *The Tincture should be made thus. Cut to Pieces six Ounces of wild Valerian-root gather'd in June, and fresh dried. Bruise it by a few Strokes in a Mortar, that the Pieces may be split, but it should not be beat into a Powder: Put this into a Quart of strong white Wine: cork the Bottle and let it stand three Weeks, shaking it every Day; then press it out and strain the Tincture thro' Paper.*

504. Take also as much as will lie on a Shilling of the Powder of *Mistletoe*, twice a Day, when the Stomach is most empty, fasting two Hours after it; then once a Day, and afterwards every other,

or

or every third Day, 'till there is no more Need of Medicines.

☞ Let this Plant be gather'd in May, and the Leaves and Bark dried carefully in the free Air, without Sun, 'till they are brittle. Let them then be reduced to a fine Powder, and kept in that Form.

Dr. Hill.

505. But I am firmly persuaded, there is no Remedy in Nature, for Nervous Disorders of every Kind, comparable to the proper and constant Use of the *Electrical Machine*.

148. *An old stubborn Pain in the Back.*

506. Steep Root of *Water-Fern* in Water, 'till the Water become thick and clammy. Then rub the Parts therewith Morning and Evening.

149. *The Palsy.* ||

507. Use the *cold Bath*, if you are under Fifty, rubbing and sweating after it :

508. Or, shred *white Onions*, and bake them gently in an earthen Pot, 'till they are soft. Spread a thick Plaister of this, and apply it to the benumb'd Part, all over the Side, if need be : Tried.

509. Or, take *Tar-water*, Morning and Evening :

510. Or, boil *white* and *red Sage*, a Handful of each in a Quart of *white Wine*. Strain and bottle it. Take a small Glass Morning and Evening. This helps all Nervous Disorders :

|| A *Palsy* is the Loss of Motion or Feeling, or both, in any particular Part of the Body.

511. Or, apply to the Parts boil'd *Sage-leaves* hot ;
and drink Decoction of *Sage* Morning and Even-
ing :

512. Or, of *Water-dock*, applying the *boil'd Leaves*.

150. *Palsy of the Hands.*

513. Wash them often in Decoction of *Sage* as
hot as you can bear :

514. Or, boil a Handful of *Elder-leaves*, and two
or three Spoonfuls of *Mustard seed* in a Quart of
Water. Wash often in this, as hot as may be.

151. *Palsy of the Mouth.*

515. After Purging well, chew *Mustard-seed* often :

516. Or, hold in your Mouth half an Ounce of
Spirit of Lavender :

517. Or, gargle with Juice of *Wood-sage*.

152. *Palsy from working with White-
Lead or Verdigrease.*

518. Use warm Baths and a Milk Diet.

153. *The Palpitation or Beating of the
Heart.*

519. Drink a Pint of *cold Water* :

520. Or, apply outwardly a Rag dipt in *Vinegar* :

521. Or, be *electrified*: Tried.

522. Or, take a Decoction of *Mother-wort* every
Night.

154. *The*

154. *The Piles (to prevent.)*

523. Wash the Parts often with *cold Water* :

155. *The Piles (to cure.)*

524. Apply warm *Treacle* :

525. Or, a *Tobacco-leaf* steep'd in *Water* twenty-four Hours :

526. Or, a Poultis of boil'd *Brook-lime*. It seldom fails :

527. Or, a bruised *Onion* skin'd ; or roasted in *Ashes*. It perfectly cures the dry Piles :

528. Or, *Leeks* fried in *Butter* :

529. Or, *Varnish*. It perfectly cures both the blind and bleeding Piles : Tried.

156. *The Inward Piles.*

530. Drink largely of *Treacle* and *Water* :

531. Drink a Spoonful of Juice of *Yarrow*, or of *Leeks*, three or four Mornings : Tried.

532. Or, Take from one to two Drams of *Flower of Brimstone* twice a Day in a Cup of *Water Gruel*.

157. *The Plague (to prevent.)*

533. Eat *Marigold Flowers* daily, as a Sallad, with *Oil* and *Vinegar* :

534. Or, a little of the tops of *Rue* with *Bread* and *Butter*, every Morning :

535. Or, infuse *Rue, Sage, Mint, Rosemary, Wormwood*, of each a Handful, in two Quarts of the sharpest *Vinegar*, over warm Embers for eight Days. Then strain it through a Flannel, and add half an Ounce of *Camphire*, dissolved in three Ounces of rectified *Spirits of Wine*. With this wash the Loins, Face, and Mouth, and snuff a little up the Nose when you go abroad. Smell to a Sponge dipt therein, when you approach infected Persons or Places.

158. *The Plague (to cure.)*

536. *Cold Water* alone, drank largely, has cured it :

537. Or, an Ounce or two of the Juice of *Mari-golds* :

538. Or, take a Dram of *Angelica* powder'd every six Hours. It is a strong Sweat :

539. Or, after bleeding fifty or sixty Ounces, drink very largely of *Water* sharpened with Spirit of *Vitriol* :

540. Or, a Draught of *Brine* as soon as seized ; sweat in Bed ; take no other Drink for some Hours.

541. Use *Lemon-juice* largely in every Thing.

159. *The Pleurisy. **

542. Apply to the Side *Onions* roasted in the Embers, mixt with *Cream* :

543. Or,

* A *Pleurisy* is a Fever attended with a violent Pain in the Side, and a Pulse remarkably hard.

543. Or, take out the Core of an Apple, fill it with white *Frankincense*; stop it close with the Piece you cut out, and roast it in Ashes. Mash and eat it. *I.*

544. Or, a Glasse of *Tar-water*, warm, every half Hour :

545. Or, of Decoction of *Nettles*; and apply the Herb hot, as a Poultis: Tried.

546. Or, a Plaister of *Flour of Brimstone* and *White of an Egg*: Tried.

160. *To one Poison'd.*

547. Give one or two Drams of *distill'd Verdigrease*: It vomits in an Instant.

161. *A Prick or Cut that festers.*

548. Apply *Turpentine*.

162. *An easy Purge.*

549. Drink a Pint of warmish *Water* fasting, walking after it :

550. Or, infuse from half a Dram to two Drams of *Damask Rose-leaves* dried, in half a Pint of warm Water for twelve Hours :

551. Or, infuse three Drams of *Senna*, and a Scruple of *Salt of Tartar*, in half a Pint of River Water for twelve Hours. Then strain and take it in the Morning,

163. *A stronger Purge.*

552. Drink half a Pint of strong Decoction of *Dock-root*:

553. Or,

553. Or, two Drams of the powder'd Root of *Monks Rhubarb*, with a Scruple of *Ginger*.

164. *The Quinsy*. *

554. Apply a large White-bread Toast, half an Inch thick, dipt in *Brandy*, to the Crown of the Head 'till it dries :

555. Or, drink a Quart of cold Water lying down in Bed :

556. Or, swallow slowly *white Rose-water*, mixt with Syrup of *Mulberries* : Tried.

557. Or, Juice or Jelly of *black Currants*, or Decoction of the Leaves or Bark. I.—(See likewise Art. 513.)

165. *The Rheumatism*. †

558. Use the *cold Bath*, with Rubbing and Sweating :

559. Or, rub in warm *Treacle*, and apply to the Part a brown Paper smeared therewith : Change it in twelve Hours : Tried.

560. Or, drink very largely of warm Water in Bed :

561. Or, *Tar-water* Morning and Evening :

562. Or, steep six or seven Cloves of *Garlick* in half a Pint of white Wine. Drink it lying down. It sweats, and frequently cures at once :

563. Or,

* The *Quinsy* is, A Fever attended with Difficulty of Swallowing, and often Breathing.

† Rheumatical Pains are generally most violent as soon as you are warm in Bed.

563. Or, mix Flour of *Brimstone* with *Honey*, equal Quantities. Take three Tea-spoonfuls at Night, two in the Morning; and one afterwards Morning and Evening, 'till cured. This succeeds oftener than any Remedy I have found:

564. Or, take Morning and Evening, as much *Lignum Guaiacum* powder'd, as lies on a Shilling:

565. Or, as much *Flour of Sulphur*, washing it down with Decoction of *Lignum Guaiacum*:

566. Or, live on *New Milk Whey* and *white Bread* for fourteen Days. This has cured in a desperate Case.

567. Or, pound the green Stalks of *English Rhubarb* in *May*, with an equal Quantity of lump *Sugar*. Take a Nutmeg of this three or four times a Day.

166. To restore the Strength after a Rheumatism.

568. Make a strong Broth of *Cow-heels*, and wash the Parts with it warm twice a Day. It has restored one who was quite a Cripple, having no Strength left either in his Leg, Thigh, or Loins;

167. The Rickets (to prevent or cure.)

569. Wash the Child every Morning in cold Water.

168. Ring Worms.

570. Rub them with *Oil of Paper*:

571. Or, with Juice of *House-leek*:

572. Or,

572. Or, wash them with Decoction of *Soap-wort* ;
or *Hungary-water* camphorated.

169. *Running at the Nose.*

573. Snuff up a Tea-spoonful of Spirit of *Harts-
horn*.

170. *A Rupture.*

574. Take *Agrimony*, *Spleen-wort*, *Solomon's Seal*,
Strawberry-roots, a Handful each ; pick and
wash them well ; stamp and boil them two
Hours, in two Quarts of white Wine in a Ves-
sel close stopt. Strain and drink a large Glas
of this every Morning, and an Hour after drink
another. It commonly cures in a Fortnight. A
good Truss mean Time is of great Use.

171. *A Fresh Rupture.*

575. Take Decoction of *Plantane-leaves*, Morning
and Evening :

576. Or, dry a Spoonful of *Plantane-seed* by the
Fire ; boil it in Milk, and take half a Pint every
Morning.

172. *A Rupture in Children.*

577. Boil a Spoonful of *Egg-shells* dried in an Oven,
and powder'd, in a Pint of Milk to three Quarters
of a Pint. Feed the Child constantly with Bread
boil'd in this Milk.

173. *A Windy Rupture.*

578. Warm *Cow-Dung* well. Spread it thick on Leather, strowing some *Gummin-seeds* on it, and apply it hot. When cold put on a new one. It commonly cures a Child (keeping his Bed) in two Days.

174. *A Scald Head.*

579. Anoint it with *Barbadoes Tar*.

175. *The Sciatica.* *

580. Is certainly cured by a Purge taken in a few Hours after it begins :

581. Or, use *cold Bathing*, and sweat, together with the *Flesh-brush* twice a Day.

582. Or, apply Leaves of *Ranunculus* bruised for six Hours :

583. "Many have been cured in four or five Days, only by drinking half a Pint of *cold Water* daily, in the Morning, and at Four in the Afternoon."

584. Or, apply pounded Roots of *Burdock* and of *Elecampane* cold. This usually cures, if kept on twenty-four Hours ; but it gives Pain :

585. Or, boil *Nettles* 'till soft. Foment with the Liquor, then apply the Herb as a Poultis.—I have known this cure a *Sciatica* of forty-five Years standing :

586. Or,

* The *Sciatica* is a violent Pain in the Hip, chiefly in the Joint of the Thigh Bone.

586. Or, boil *Calamint*; apply this as a Poultis, shifting it daily. Mean time drink a Decoction of it Morning and Evening.

587. Or, apply Flannels dipt in *Stale Lie*, boil'd with Salt as hot as you can bear, for an Hour.

588. Or, a mud made of powder'd *Pitcoal* and Water. This also cures Palsies, Weakness of the Limbs, most Disorders of the Legs, and Swellings and Stiffness of the Joints. It cured a Swelling of the Elbow Joint, tho' accompanied with a Fistula, arising from a Caries of the Bone.

176. *Inflammations or Swellings of the Scrotum.*

589. Wash it thrice a Day with strong Decoction of *Agrimony*.

177. *A Scorbütick Atrophy.* *

590. Use *cold Bathing*: Which also cures all

178. *Scorbütick Pains.*

179. *Scorbütick Sores.*

591. Put half a Pound of fresh shaved *Lignum Guaiacum*, and half an Ounce of *Senna* into an Earthen Pot, that holds six Quarts. Add five Quarts of soft Water, and lute the Pot close. Set this in a Kettle of cold Water, and put it

* Such a Degree of *Scurvy*, as causes the Flesh to waste away, like a *Consumption*.

over a Fire, 'till it has boiled three Hours. Let it stand in the Kettle 'till cold. When it has stood one Night drink daily half a Pint, new Milk warm, fasting, and at Four in the Afternoon. Wash with a little of it. In three Months all the Sores will be dried up. Tried.

180. *The Scurvy.* *

- 592. Live on *Turnips* for a Month :
- 593. Or, an entire *Milk Diet*, for six Months :
- 594. Or, take *Tar-water* Morning and Evening, for three Months :
- 595. Or, Infusion of *Horse-radish* :
- 596. Or, Decoction of great *Water Dock* :
- 597. Or, three Spoonfuls of *Nettle Juice* every Morning :
- 598. Or, infuse dried *Dock-roots* in your common Drink :
- 599. Or, use Infusion or Powder of *Wall-rue*, Morning and Evening.—See Art 445.
- 600. Or, pound into a Pulp *Sevil Oranges* sliced, Rind and all, and Powder Sugar, equal Quantities. Take a Tea-spoonful three or four Times a Day : Tried.
- 601. Or, boil *Scurvy-grass* and *Sorrel* in Broth, and feed upon it daily.
- 602. Water and Garden Cresses, Mustard, and Juice of *Scurvy-grass* help in a cold Scurvy :

I

603.

* *The Scurvy* is known by Heaviness of Body, Weariness, Rottenness of Gums, and yellow, lead or violet-colour'd Spots on the Legs.

603. When there is a continual salt Taste in the Mouth, take a Pint of *Lime-water* Morning and Evening.

181. *A Broken Skin.*

604. Bind a dry *Oak-leaf* upon it.

182. *The Shingles.* *

605. Drink (See Art. 115.) *Sea-Water* every Morning for a Week ; toward the Close, bathe also.

183. *Sickishness in the Morning.*

606. Eat nothing after Six in the Evening.

184. *Sinew shrunk from a Cut.*

607. Rub it every Morning with *fasting Spittle*.
Tried.

185. *Skin rubb'd off.*

608. Apply pounded *All-heal*.—It seldom needs repeating.

186. *Small Pox.*

609. Drink largely of *Toast* and *Water* :

610. Or, let your whole Food be *Milk* and *Water* mixt, with a little white Bread : Tried.

611. Or,

* A Kind of *Ring-Worm*, which incircles the Body, like a Belt, of an Hand's Breadth.

611. Or, *Milk* and *Apples* :

612. Take Care to have a free, pure, and cool Air. Therefore open the Casement every Day, only do not let it chill the Patient :

613. If they strike in, and Convulsions follow, drink a Pint of *cold Water* immediately. This instantly stops the Convulsions, and drives out the Pock : Tried.

187. *A Sore Mouth.*

614. Apply the White of an *Egg*, beat up with *Loaf-sugar* :

615. Or, gargle with Juice of *Cinquefoil* :

616. Or, boil together a Pound of *Treacle*, three *Yolks of Eggs*, an Ounce of *Bole-Armoniac* and a Nutmeg of *Aum*, a Quarter of an Hour. Apply this to the fore Part, or to an aking Tooth. Tried.

188. *A Sore Throat.*

617. Take a Pint of *cold Water* lying down in Bed : Tried :

618. Or, apply a Chin-stay of *roasted Figs* :

619. Or, a Flannel sprinkled with Spirits of *Harts-horn* to the Throat, rubbing *Hungary-water* on the Top of the Head : Tried.

620. Or, swallow gently *Rose water*, and Syrup of *Mulberries* : Tried.

621. Or, snuff a little *Honey* up the Nose.

622. An old sore Throat was cured by living wholly on *Apples* and *Apple-water*.

189. *A Sprain.*

623. Hold the Part in very *cold Water* for two Hours: Tried.
624. Or, apply Cloths dipt therein, four Times doubled, for two Hours, changing them as they grow warm :
625. Or, bathe it in good *Crab-verjuice* :
626. Or, stoop it with one Spoonful of *Brandy*, two of *Vinegar*, and four of *Water* :
627. Or, boil *Bran* in *Wine Vinegar* to a Poultis. Apply this warm, and renew it once in twelve Hours :
628. Or, boil eight Ounces of *Castile-soap* and as much *Bay-salt* in four Quarts of *Water*. Put the Part sprained into this for half an Hour ; or, foment with it :
629. Or, mix a little *Turpentine* with Flour and the Yolk of an Egg ; and apply it as a Plaister. This cures in a desperate Case.
630. *Weakness* remaining after a Sprain, is cured by fomenting the Part daily with *Beef-Brine*.

190. *A venomous Sting.*

631. Apply a little *Venice Treacle* :
632. Or, a Poultis of bruised *Plantane* and *Honey* :
633. Or, take inwardly, one Dram of *black Currant-leaves* powder'd. It is an excellent Counterpoison.

191. *The*

191. *The Sting of a Bee.*

634. Apply *Honey*.

192. *The Sting of a Nettle.*

635. Rub the Part with Juice of *Nettle*.

193. *The Sting of a Wasp:*

636. Rub the Part with bruised Leaves of *House-leek* :

637. Or, of *Water-cresses* :

638. Or, of *Rue* :

639. Or, apply *Venice Treacle*.

194. *The Sting of a Bee or Wasp in the Eye.*

640. Apply *Carduus* bruised, with the White of an Egg. Renew it if it grows dry.

195. *A Stitch in the Side.*

641. Apply *Treacle* spread on a hot Toast: Tried.

196. *Frequent or violent Stitches.*

642. Drink Decoction of *Nettles*, and apply the Herbs hot: Tried.

643. Or, boil two or three Sprigs of *Penny-royal* in a Pint of Milk. Drink the Milk and apply a Poultis of the Herbs hot:

644. Or, take a Tea-spoonful of *Irish Slate* finely powder'd.

197. *Accidental Sickness, or Pain in the Stomach.*

645. Vomit with a Quart or more of *warm Water*. Do this twice or thrice; omitting a Day between.

198. *Pain in the Stomach from bad Digestion.*

646. Take fasting, or in the Fit, half a Pint of *Camemile Tea*. Do this five or six Mornings :

647. Or, drink the Juice of half a large *Lemon* immediately after Dinner every Day :—*Dr. Mead*.

648. Or, from twenty to forty Drops of *Elixir* of *Vitriol* in *Sage Tea*, twice or thrice a Day :

649. Or, in the Fit, a Glafs full of *Vinegar*.

199. *Cholerick, Hot Pains in the Stomach.*

650. Take half a Pint of the Decoction of *Ground-Ivy*, with a Tea-spoonful of the Powder of it, five or six Mornings. *I.*

200. *Coldness of the Stomach.*

651. Take a Spoonful of the Syrup of the Juice of *Cardus Benedictus*, fasting, for three or four Mornings. *I.*

201. *Pain*

201. *Pain in the Stomach, with Coldness and Wind.*

652. Swallow five or six Corns of *white Pepper*, for six or seven Mornings. Tried.

202. *The Stone (to prevent).*

653. Eat a thin Slice of *dry Bread* every Morning : Tried.

654. Or, drink a Pint of *warm Water* daily just before Dinner. After discharging one Stone, this will prevent the generating of another.

655. Stoop down, and raise yourself up again. If you feel Pain, as if cut through the Middle, the Pain is not from the *Stone*, but *Rheumatism*.

656. Beware of Costiveness. Use no violent Diuretics. Mead is a proper Drink.

657. In the Fit, slice a large *Onion* ; pour half a Pint of warm Water upon it. After it has stood twelve Hours, drink the Water. Do this every Morning 'till you are well.

203. *In a Raging Fit.*

658. Beat *Onions* into a Pulp, and apply them as a Poultis, Part to the Back, and Part to each Groin. It gives speedy Ease in the most racking Pain : Tried.

659. Or, give a Clyster, with Oil of *Turpentine*.

204. *The Stone (to ease or cure).*

660. Take Decoction of *Agrimony* Morning and Evening :

661. Or, of *Camomile* :

662. Or, boil half a Pound of *Parfnips* in a Quart of Water. Drink a Glafs of this Morning and Evening, and use no other Drink all the Day. It usually cures in six Weeks :

663. Or, take daily four Pints of *Lime-water*, made by pouring four Quarts of Water on a Pound of fresh calcined *Oyster-shells* and *Cockle-shells* :

664. " Or, take Morning and Evening a Tea-Spoonful of *Onions* calcined into white Ashes, in white Wine. An Ounce will often dissolve the Stone."

665. Or, take a Tea-spoonful of *Violet-feed* powdered, Morning and Evening. It both wastes the Stone, and brings it away :

666. Or, burn the dried Shells of *Kidney Beans* to Powder. Put two Tea-spoonfuls of this into a half Pint Tea-pot. Pour boiling Water on it at Night. In the Morning pour it off clear, warm it again, and drink it sweetened with *Honey*. Do this daily every other Fortnight 'till cured.

205. *The Stone in the Kidneys.*

667. Use the *cold Bath* : Or, drink half a Pint of Water every Morning :

668. Or, Decoction of *Speedwell* largely.

206. *Stoppage*

206. *Stoppage in the Kidneys.*

669. Take Decoction or Juice or Syrup of *Ground-Ivy*, Morning and Evening :
670. Or, of *Pellitory of the Wall* :
671. Or, of Juice of *Radishes* :
672. Or, half a Pint of *Tar-water*.

207. *The Strangury.*

673. Use the *cold Bath* :
674. Or, drink largely of Decoction of *Turnips* sweetened with *Honey* :
675. Or, of warm *Lemonade* : Tried.
676. Or, of Decoction of *Mallows* :
677. Or, of Decoction of *red Nettle-seed* :
678. Or, take a Tea-spoonful of *calcin'd Egg-shells*, Morning and Evening.

208. *Sunburn, (Smarting).*

679. Wash the Face with *Sage-Tea*.

209. *A Surfeit.*

680. Take a Nutmeg of the *green Tops* of *Worm-wood*.

210. *To stop profuse Sweating.*

681. Drink largely of cold Water.

211. *Swelled*

211. *Swelled Glands in the Neck.*

682. Take *Sea-water* every other Day.

212. *Swelled Legs.*

683. Bathe them every Morning in *cold Water*, and take an easy Purge twice a Week :

684. Or, take *Worruwood*, *Southernwood* and *Rue*, stamp them together, and fry them in *Honey*, 'till they grow dry: Then apply them as hot as you can bear.

213. *A Swell'd Throat.*

685. Gargle with Decoction of *Nettles* :

686. Or, of *Primrose-leaves*.

214. *A white Swelling (on the Joints).*

687. Hold the Part half an Hour every Morning, under the Stream that falls from a Mill; or under a Pump or Cock.— This cures also any Pains in the Joints. It seldom fails: Tried.

688. Or, apply a Poultis of *Wormwood* fried with *Hogs Lard*.

215. *To dissolve white or hard Swellings.*

689. Take *white Roses*, *Elder Flowers*, *Leaves of Fox-glove* and of *St. John's Wort*, a Handful each: Mix with *Hogs Lard*, and make an Ointment.

216. *To*

216. *To fasten the Teeth.*

690. Chew often Roots of *Brook-Lime*:
691. Or, put powder'd *Allum* the Quantity of a Nutmeg, in a Quart of Spring Water, for twenty-four Hours. Then strain the Water and gargle with it:
692. Or, boil so much of *Allum* therein. Strain and keep it for Use:
693. Or, gargle often with *Phyl'yrea-Leaves* boiled with a little *Allum*, in *Forge water*.

217. *To clean the Teeth.*

694. Rub them with *Ashes* of burnt *Bread*.

218. *To prevent the Tooth-ach.*

695. Wash the Mouth with *cold Water* every Morning: Tried.
696. Or, Rub the Teeth often with *Tobacco Ashes*.

219. *To cure the Tooth-ach.*

697. Be *electrified* through the Tooth: Tried.
698. Or, rub the Cheek a Quarter of an Hour:
699. Or, put a Clove of *Garlick* into the Ear:
700. Or, *Parsley* much bruised, with a little *Bay Salt*:
701. Or, a Piece of *Plantain-root*, fresh digg'd up, and washed:

702. Or,

702. Or, lay roasted Parings of *Turnips*, as hot as may be, behind the Ear :
703. Or, put a Leaf of *Betony*, bruised, up the Nose :
704. Or, lay bruised or boil'd *Nettles* to the Cheek :
Tried.
705. Or, a Bag filled with *hot Camomile Flowers* :
706. Or, lay a Clove of *Garlick* on the Tooth :
707. Or, hold a Slice of *Apple* slightly boiled between the Teeth : Tried.
708. Or, chew the Root of the *yellow Water Flower de Luce* : I.
709. Or, gargle with Decoction of *Mulberry Leaves* :
710. Or, put into the hollow Tooth, a little Cotton, dipt in *Lucatelli's Balsam* :
711. Or, a Drop or two of *Oil of Cloves* on Cotton :
712. Or, dissolve a Dram of crude *Sal Armoniac* in two Drams of *Lemon-juice* : Wet Cotton herein and apply :
713. Or, apply to the Cheek *Gum Tacamahac* spread on Silk :
714. Or, keep the Feet in *warm Water*, and rub them well with Bran, just before Bed-time :
Tried.
715. Or, take an Ounce of *Rob* of Elder in Broth, and gargle with it.

220. *Pain in the Testicles.*

716. Apply *Pellitory* of the *Wall* beaten up into a Poultis, changing it Morning and Evening.

221. To draw out Thorns, Splinters and Bones.

717. Apply Nettle Roots and Salt:

718. Or, Turpentine spread on Leather.

222. The Thrush.*

719. Mix Juice of *Celandine* with *Honey*, to the Thickness of *Cream*. Infuse a little powder'd *Saffron*. Let this simmer a-while and scum it. Apply it (when needed) with a Feather. At the same Time give eight or ten Grains of *Rhubarb*.

223. Torpor (or Numbness) of the Limbs.

720. Use the cold Bath, with rubbing and sweating.

224. Twisting of the Guts.

721. Many at the Point of Death have been cured by taking one, two or three Pounds of *Quick-silver* in Water.—*Pareus*.

225. The Tympany or Windy Dropsy.

722. Use the cold Bath, with Purges intermixt:

* Little, whitish Ulcers in the Mouth.

723. Or, mix the Juice of *Leeks* and of *Elder*.
Take two or three Spoonfuls of this Morning
and Evening.

226. *A Vein or Sinew cut.*

724. Apply the inner green Rind of *Hazle* fresh
scraped.

227. *The Vertigo or Swimming in the
Head.*

725. Take a *Vomit* or two:

726. Or, use the *cold Bath* for a Month:

727. Or, drop Juice of *Pimpernell* into the Ear
Morning and Evening:

728. Or, in a *May Morning*, about Sun-rise,
snuff up daily the *Dew* that is on *Mallow*
Leaves:

729. Or, apply to the Top of the Head, shaven,
a Plaister of Flour of Brimstone, and White of
Eggs: Tried.

730. Or, drink Morning and Evening half a Pint
of Decoction of *Primrose-root*: *L.*

731. Or, of *Sage*, washing also the Head there-
with:

732. Or, take every Morning half a Dram of
Mustard-seed.

228. *Vigilia, Inability to Sleep.*

733. Apply to the Forehead for two Hours, Cloths
four Times doubled, and dipt in *cold Water*. I
have

have known this applied to a lying-in Woman, and her Life saved thereby :

734. Or, use the *cold Bath*.—It cures even in desperate Cases :

735. Or, apply to the Head Leaves of *water Lillies* :

736. Or, a Poultice of *Henbane* and *Poppy-seed*, beaten together :

737. Or, use small Doses of *Campfire*. It is both safer and surer than *Opium* :

738. *Assa-fœtida* likewise will in most Cases have as much effect as *Opium*.

229. Bite of a Viper or a Rattle-Snake.

739. Rub the Place immediately with *common Oil*. *Quere*, Would not the same cure the Bite of a *mad Dog*? Would it not be worth while, to make the Trial on a *Dog*?

230. To prevent the Bite of a Viper.

740. Rub the Hands with Juice of *Radishes*.

231. An Ulcer.

741. Dry and powder a *Walnut-leaf*, and strew it on, and lay another *Walnut-leaf* on that :

742. Or, boil *Walnut-tree Leaves* in Water with a little Sugar. Apply a Cloth dipt in this, changing it once in two Days.

232. An Inward Ulcer.

743. Drink *Tar-water* Morning and Evening :

744. Or, Decoction of *Pimpernell*.

233. *Ulcer in the Bladder or Kidneys.*

745. Take Decoction of *Agrimony*, thrice a Day:

746. Or, Decoction, Powder, or Syrup of *Horse-tail*.

234. *A Fistulous Ulcer.*

747. Apply *Wood Betony* bruised, changing it daily:

748. Or, Leaves of *Water Dock* bruised.

235. *A Bleeding Varicous Ulcer in the Leg.*

749. Was cured only by constant *cold Bathing*.

236. *A Malignant Ulcer.*

750. Foment Morning and Evening, with a Decoction of *Mint*. Then sprinkle on it finely powder'd *Rue*:

751. Or, apply Juice of *Pimpernel* boiled with the Herb.

237. *A Stubborn Ulcer.*

752. Burn to Ashes (but not too long) the gross Stalks on which the *red Coleworts* grow. Make a Plaister with this and fresh Butter. Change it once a Day.

753. Or,

753. Or, apply a Poultis of boil'd *Parfnips*. This will cure even when the Bone is foul.

754. Or, be *electrified* daily. Tried.

238. *An easy and safe Vomit.*

755. Boil half a Handful of *Artichoke-leaves* in a Quart of Water. The more you drink of warm Water after it the better :

756. Or, a Dram and a half of *Primrose Root* powder'd : It is best if gather'd in *August*.

757. Or, infuse three Drams of *Radish-seed* in a Quart of warm Water for twelve Hours. Squeeze off the Water, and take it :

758. Or, Pour a Dish of Tea on twenty Grains of *Ipecacuanba*. You may sweeten it, if you please. When it has stood four or five Minutes, pour the Tea off clear, and drink it.

239. *To stop Vomiting.*

759. If the Vomiting be not the Effect of a Medicine ; after every Vomiting drink a Pint of warm Water :

760. Or, apply a large *Onion* slit, to the Pit of the Stomach : Tried.

761. Or, take a Spoonful of *Lemon-juice* and six Grains of Salt of Wormwood :

762. Or, infuse an Ounce of *Quicksilver* in a large Glass full of Water for twenty-four Hours. Then drink the Water : *I.*

240. *Bloody Urine.*

763. Take a Quarter of a Pint of *Sheeps Milk* twice a Day :

764. Or, half a Pint of Decoction of *Agrimony*.

765. Or, of Decoction of *Yarrow*.

241. *Urine by Drops with Heat and Pain.*

766. Drink nothing but *Lemonade* : Tried.

767. Or, beat up the Pulp of five or six roasted *Apples* with near a Quart of Water. Take it at lying down. It commonly cures before Morning.

242. *Involuntary Urine.*

768. Use the *cold Bath*.

769. Or, take a Tea-spoonful of powder'd *Agri-mony* in a little Water, Morning and Evening :

770. Or, a Quarter of a Pint of *Allum-Possét-drink* every Night.

243. *Sharp Urine.*

771. Take two Spoonfuls of fresh Juice of *Ground-Ivy*.

244. *Suppression of Urine.*

772. Drink largely of warm *Lemonade* : Tried.

773. Or, take a Spoonful of Juice of *Lemons*, sweeten'd with Syrup of *Violets* :

774. Or,

774. Or, a Spoonful of Juice of *Radishes* :

775. Or, two Spoonfuls of Juice of *Onions*.

245. **Uvula inflamed.*

776. Gargle with a Decoction of beaten *Hemp-Seed* :

777. Or, with a Decoction of *Dandelion*.

246. *Uvula relax'd.*

778. Bruise the Veins of a *Cabbage-leaf* and lay it hot on the Crown of the Head. Repeat, if needed, in two Hours.—I never knew it fail.

779. Or, gargle with Decoction of *Water-dock* :

780. Or, with an Infusion of *Mustard-seed*.

247. *Warts.*

781. Rub them daily with a *Radish* :

782. Or, with Juice of *Dandelion* :

783. Or, of *Marigold-Flowers* :

784. Or, Water in which *Sal Armoniac* is dissolved.

248. *Weakness in the Ankles.*

785. Hold them in cold *Water* a Quarter of an Hour, Morning and Evening.

249. *The Whites.*

786. Feed sparingly. Use Exercise constantly. Sleep moderately, but never lying on your Back.

* This is usually called the Palate of the Mouth.

787. First

787. First bleed. Then purge thrice with twenty Grains of *Rhubarb* and five of *Ca'amel* :

788. Or, boil four or five Leaves of the *white Holy Oak*, in a Pint of Milk with a little Sugar. Then add a Tea-spoonful of *Balm of Gilead*. Drink this every Morning.—It rarely fails.

789. Or, boil an Handful of *Dead Nettle Flowers*, and a Dram of *Cinnamon* in half a Pint of Milk. Drink half of it, every Night and Morning :

790. Or, make *Venice Turpentine*, *Flower* and *fine Sugar*, equal Quantities, into small Pills. Take three or four of these Morning and Evening. This also cures most Pains in the Back :

791. Or, take *Quicksilver* and *Gas of Sulphur*, as for an Asthma.—This seldom fails :

792. Or, after Purging, take about fifteen Grains of *Ceruse of Antimony* in *white Wine*, twice or thrice a Day.

250. *A Whitlow.*

793. Apply *Treacle* : Tried.

794. Or, a Poultis of *chew'd Bread*. Shift it once a Day :

795. Or, a Plaister of *Ground-ivy* stampt.

251. *Worms.**

796. Take a Spoonful of *Salt* in a Glass of *Water* every Morning :

* A Child may be known to have the Worms, by *Chillness*, *Paleness*, *hollow Eyes*, *Itching of the Nose*, *Starting in Sleep*, and an *unusually stinking Breath*.—Worms are never found in Children that live wholly on Milk.

797. Or,

797. Or, a Dram and a Half of *Nitre* in Broth : *I.*
 798. Or, a Spoonful of Juice of *Spear-mint* :
 799. Or, of Juice of *Lemons* :
 800. Or, a Glafs of *Onion-water* :
 801. Or, boil an Ounce of *Quick-silver* in half a Pint of Spring Water. Use this for common Drink :
 802. Or, take two Tea-spoonfuls of *Worm-feed* mixt with *Treacle*, for six Mornings :
 803. Or, a Dram of powder'd *Fern-root*, boil'd in *Mead*. This kills both the flat and round Worms. Repeat the Medicine from Time to Time.

252. *Flat Worms.*

804. Take *Filings of Tin* and *red Coral*, of each an equal Quantity : Pound them together into a very fine Powder : Of which one Drachm, made into a Bolus with *Conserve of the Tops of Sea-Wormwood*, is to be taken twice a Day.

253. *Wounds.*

805. Apply Juice or Powder of *Yarrow. I.*
 806. Or, bind Leaves of *Ground-ivy* upon it :
 807. Or, bruised *Hyssop*, with a little Sugar :
 808. Or, *Wood-betony* bruised. This quickly heals even cut Veins and Sinews, or draws out Thorns or Splinters.
 809. Keep the Part in *cold Water* for an Hour, keeping the Wound closed with your Thumb. Then bind on the thin Skin of an *Egg-shell*, for Days

Days or Weeks, 'till it falls off of itself. Regard not tho' it prick or shoot for a Time.

254. *Contused or lacerated Wounds.*

810. Boil half an Ounce of fine *Verdagraese* in a Pound of *Linseed O.l* 'till it is dissolved. Anoint therewith.

255. *Inward Wounds.*

811. Infuse *Yarrow* twelve Hours in warm Water. Take a Cup of this four Times a Day. *I.*

256. *Putrid Wounds.*

812. Wash them Morning and Evening with warm Decoction of *Agrimony*. If they heal too soon, and a Matter gather underneath, apply a Poultis of the Leaves pounded, changing them once a Day 'till well.

257. *Wounded Tendons.*

813. Boil *Comfrey Roots* to a thick Mucilage, and apply this as a Poultis, changing it once a Day.

COLD.



COLD-BATHING

Cures Young Children of

CONVULSIONS,
Coughs,
Cutaneous Inflammations, Pimples, and Scabs,
Gravel,
Gripes,
Inflammations of the Ears, Navel or Mouth,
Rickets,
Suppression of Urine,
Vomiting,
Want of Sleep.

It prevents the Growth of Hereditary

Apoplexies,
Asthma's,
Blindness,
Consumptions,
Deafness,
Deliria,

Gout,

Gout,
King's-Evil,
Melancholy,
Palsies,
Rheumatism,
Stone.

It cures every Nervous, † and every Paralytick Disorder : In particular,

The Asthma,
Ague of every Sort,
Atrophy,
Blindness, *
Cancer,
Chin-cough,
Coagulated Blood after Bruises, *
Consumption,
Convulsions,
Coughs,
Complication of Distempers,
Convulsive Pains, *
Deafness, *
Dropfy,
Epilepsy,
Fluor Albus,
Violent Fevers,

† And this, I apprehend, accounts for its frequently curing the *Bite of a mad Dog* ; especially if it be repeated for twenty-five or thirty Days successively.

Gout,

Gout, (running)
 Hectick Fevers,
 Hemicrania,
 Hysterick Pains,*
 Incubus,
 Inflammations,*
 Involuntary Stool, or Urine,*
 Lameness,
 (Old) Leprosy,
 Lethargy,
 Loss of Appetite,* of Smell,* Speech,* Taste,*
 Nephritick Pains,
 Palpitation of the Heart,
 Pain in the Back, Joints,* Stomach,
 Rheumatisms,*
 Rupture,
 Suffocations,
 Sciatica,*
 Surfeits, (at the Beginning)
 Scorbutick Pains,*
 Swelling on the Joints,
 Stone in the Kidneys,
 Torpor of the Limbs, even when the Use of
 them is lost,
 Tetanus,
 Tympany,
 Vertigo,
 St. Vitus's Dance,
 Vigilia,
 Varicous Ulcers.

But in all Cases where the Nerves are obstructed,
 (such as those marked thus*) you should go to Bed
 immediately after, and sweat.

'Tis often useful, to use the *Hot Bath* a few
 Days, before you use the *Cold*.

Wise Parents should dip their Children in cold Water every Morning, 'till they are three Quarters old ; and afterward, their Hands and their Feet.

N. B. No Child should ever be swath'd tight. It lays the Foundation for many Diseases.——'Tis best to wean a Child at about seven Months old. They should lie in the Cradle at least a Year. No wise Parent should suffer a Child to drink any Tea ; (at least, 'till it is ten or twelve Years old) or to taste Spice or Sugar. Milk, Milk-porridge, and Water-gruel are the proper Breakfast for Children.

Washing the Head every Morning in cold Water, prevents Rheums, and cures Coughs, old Head-achs, and sore Eyes.

Water-drinking prevents

Apoplexies,
Asthma's,
Convulsions,
Gout,
Hysterick Fits,
Madness,
Palsies,
Stone,
Trembling.

To this Children should be bred up from their Cradles.

Electrifying in a proper Manner, cures

St. Anthony's Fire,
Blindness,
Blood extravasated,

Bron-

Bronchocele,
 Coldness in the Feet,
 Contractions of the Limbs,
 Cramp,
 Deafness,
 Falling-Sickness,
 Feet violently disorder'd,
 Felons,
 Fistula Lacrymalis,
 Fits,
 Flooding,
 Ganglions,
 Gout,
 Head-ach,
 Inflammations,
 King's Evil,
 Knots in the Flesh,
 Lameness,
 Leprosy,
 Menstrual Obstructions,
 Pain in the Stomach,
 Palpitation of the Heart,
 Palsy,
 Rheumatism,
 Ring-Worms,
 Sciatica,
 Shingles,
 Sprain,
 Surfeit,
 Swellings of all Sorts,
 Throat sore,
 Tooth-ach,
 Ulcers,
 Wen.

Nor have I yet known one single Instance, where-
in it has done Harm : So that I cannot but doubt
the Veracity of those which have affirmed the con-
trary.

Fasting Spitile outwardly applied every Morning,
has sometimes relieved, and sometimes cured

Blindness,
Contracted Sinews, from a Cut,
Corns, (mixt with chew'd Bread and applied
every Morning)
Cuts, (fresh)
Deafness,
Eye-lids, red and inflamed,
Scorbutick Tetters,
Sore Legs,
Warts.

Taken inwardly, it relieves or cures

Asthma's,
Cancers,
Falling-Sickness,
Gout,
Gravel,
King's Evil,
Leprosy,
Palsy,
Rheumatism,
Scurvy,
Stone,
Swelled Liver.



The best Way is, To eat about an Ounce of
hard Bread, or Sea-biscuit, every Morning ; fast-
ing two or three Hours after. This should be done,
in stubborn Cases, for a Month or six Weeks.

